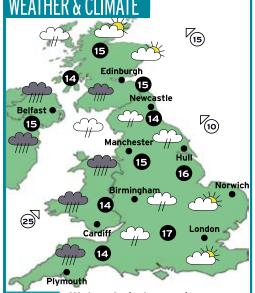


# NOTTINGHAM VICTIM'S MUM.





### Wet and windy as rain pushes eastwards

Unsettled and overcast today with cloudy skies and a band of rain will push in from the west bringing heavy bursts and brisk or locally strong winds. Rain will turn increasingly patchy as it reaches eastern areas later.

# 5-day forecast

	Fri		Sat		Sun		Mon		Tue	
London	4	19c	4	17c	43	19c	4	20c	4	21c
Newcastle	: 🚓	18c	<i>\rightarrow\forall}</i>	16c	٦	16c	<b>***</b>	18c	4	16c
Leeds	040	15c	<b>₩</b>	13c	4	15c	4	16c	43	16c
M'chester	43	16c	<b>₩</b>	15c	4	16c	4	17c	43	17c
Liverpool	4	16c	<b>***</b>	15c	4	16c	4	17c	<u> </u>	16c
B'ham	<i>Ģ</i> ₹	17c	<b>~</b>	15c	4	18c	43	19c	***	19c
Cardiff	***	16c	<b>**</b>	16c	4	18c	4	18c	<b>**</b>	19c
Plymouth	<i>4</i>	15c	4	16c	4	17c	८ <u>५</u>	18c	43	18c
Belfast	<i>\*\*\*</i>	15c	4	14c	<b>**</b>	15c	4	15c	4	15c

# **BIGGER PICTURE**

Today's historical average high: 18.8 June 2024 average high so far: 16.6 June historical average high: 18.6 All averages based on CET Mean Max Temp. Historical info from 1961-1990 (Source: Met Office) CLIMATE FACT: Azerbaijan has been accused

of a media crackdown before hosting Cop29 arresting at least 25 journalists and activists last year.

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9		16					

- ACROSS 1 Belief (7)
- 7 Afflict (3) 8 Burning (5)
- 9 Spacious (4) 10 Lath (4)
- 13 Bury (5) 15 Amateur radio
- operator (3)

### Bourdain, celebrity 16

# DOWN

COG

- 2 Less colourful (5)
- 3 Tacky (4) 4 A (3)
- **5** Tropical disease (7)
- 6 Methodology (7) 11 Lindsay \_\_, actress (5) 12 Curve (4)
- **14** Can (3)

### **WEDNESDAY'S SOLUTIONS**

Across: 2 Health, 5 So-so, 6 Onward, 7 Monk, 8 Sat, 11 Oman, 13 Neater, 14 Arno, 15 Stitch. Down: 1 Logo, 2 Hooks, 3 Leap, 4 Hudson, 7 Mounds, 9 Torah, 10 Taxi, 12 Aunt.



Thunderball: 3. No £500k winner.

**HEALTH LOTTERY:** 8, 20, 22, 44, 50. Bonus: 19. **TUESDAY'S EUROMILLIONS:** 7,15,34,45,48. Lucky Stars: 7 & 9. No winner of £121m jackpot. MONDAY'S SET FOR LIFE: 28, 30, 31, 32, 42.

Life Ball: 10. No winner of £10k a month for 30yrs.



when they use the spa at England's luxury hotel HQ. Guests at the five-star Weimarer Land Spa and Golf resort usually have to be naked to use the saunas. A

sign tells them: "Here begins the clothes free area." But Gareth Southgate's men have been given permission to protect their modesty. An FA source said: "Shorts will be the norm."



# Flags, WAGS...



flag for success at the Euros. The Real Madrid star, 21, looked happy to be back in his England kit after being unveiled as the new face of Kim Kardashian's underwear range.

His Dutch model girlfriend Laura Celia Valk, 25, got in on the act as well as she models in an advert for lingerie giants Victoria's Secret.

Three Lions boss Gareth Southgate, 53, skipper Harry Kane, 30, and Phil Foden, 24 also took part in yesterday's portrait session in Germany.

And Liverpool midfielder Trent Alexander-Arnold, 25, was named as one of the newest faces of American clothing brand Guess, along with Jude Law's actress daughter Iris, 23.

It was reported last month that the pair are dating.

England's most patriotic estate is ready for the tournament.

Residents of The Kirby estate in Bermondsey, South East London, are known for going all out when England are in a major competition.

This year they unveiled a mural of midfielder Fherechi Fze The Crystal Palace star, 25, is from nearby Greenwich and went to a local school, Dad-of-three Chris Dowse, 45, one of the organisers, said: "There'll be loads of bunting."



BY **PAUL BYRNE** and **ANDY LINES** in Blankenhain, Germany

**ENGLAND** player Adam Wharton says his meteoric rise to the Euros squad is surreal.

He described being involved in the tournament as a "dream come true" but added his mum and dad

Adam: Being in squad is surreal may have been even more excited come, especially in such a short

Adam, 20, said of his parents, John, 57, and Helen, 56: "I think they were probably happier than I was when I received the news.

They were delighted for me. They are proud of how far I have England debut last week. Speaking

than he was that he got the call-up. period of time." He only began playing in the

Premier League four months ago. Before that he was with his hometown club Blackburn Rovers in the Championship. He made his

WHART A RISE: PAGES 62&63



at the squad's tournament base near Blankenhain in the east German countryside, he said of being there: "It is a surreal feeling...

"Every kid that grows up playing football wants to play in the Premier League and for their country." The Crystal Palace midfielder, who has

**HOMETOWN CLUB** Adam in Blackburn Rovers kit as a lad

two older brothers, including Scott, 26, who plays for Blackburn, added: "My dad is a massive football fan and gives me loads of advice, even now." He said the tips are generally

good but then added with a laugh: "Sometimes not." England's first game is against

Serbia on Sunday.

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# Prince of Denmark (game) Wills heading to Frankfurt

PRINCE William will be in the stands cheer on England when they face Denmark in their second Euro 2024 group game.

William, who is president of the FA, will watch the match at the Frankfurt Arena on June 20, the day before his 42nd birthday.

But wife Kate will stay in the UK as she continues her cancer treatment. And their children, George,

WILLS & HARRY Prince presents shirt to Kane

Charlotte and Louis, are not expected to travel as they will be in school.

The Prince of Wales visited the England squad to wish them good luck on Monday before they left for

Germany and handed the players their team shirts.

And he revealed his youngest son Louis, six, had advised the players to eat plenty of food to keep their strength up during the tournament.

On Tuesday King Charles was overheard chatting to David Beckham about England's defeat to Iceland in last Friday's friendly.

Charles, attending the King's Foundation awards at St James' Palace, asked: "What was all that at Wembley?" Beckham replied: "I don't think we should read much into it."

Charles said: "It doesn't really matter does it? It was a warming up sort of thing. You don't want to expend it all in one go at the beginning."

Beckham then reassured the King, saying: "We'll be ready, Gareth [Southgate] will be ready", prompting Charles to give him a thumbs up.

**VOICE OF MIRROR: PAGE 10** 

# **NOTTINGHAM TRAGEDY: 1ST**

# EXCLUSIVE BY MARTIN FRICKER



A YEAR ago today the lives of Barnaby Webber's family were shattered in the most brutal way possible as the teenager was stabbed to death by a crazed paranoid schizophrenic on the run from police.

The tragic youngster's mum Emma said it has been 12 months of hell during which the agony left her feeling at times like she could not go on. She told how she needed medical help to get her through the darkest of days.

And she revealed she is still searching for answers as to how violent Valdo Calocane was able to kill her 19-year-old son as well as his friend Grace O'Malley Kumar, also 19 - both students at Nottingham University – and school caretaker Ian Coates, 65.

A series of shocking failings by police, mental health services and the NHS in the lead-up to the killer's rampage in the city continue to be investigated. And for Barnaby, Grace and Ian's families, the long fight for justice continues.

They will attend a vigil at the university this lunchtime with friends and students.

In her only media interview ahead of today's anniversary, Emma said she will never be able to forgive Calocane, believes Barnaby and Grace were an item and hailed her as a hero for stepping in to try to save her son despite the obvious danger to herself.

## **CATASTROPHIC**

Emma invited the Mirror into her family home in Taunton, Somerset, this week to talk about the past year.

As we chatted, her husband David made coffee and their youngest son Charlie revised upstairs for his final GCSE exams.

Emma said: "Our family has been completely blown apart. I know I'll never be the same person again, and neither will David or Charlie because of this.

The past 12 months have been like being in an alternative universe. Everything in our normal lives has completely changed.

"I'm speaking about things, experiencing things and having to do things that I would never have comprehended before June 13 last year. It has been classed as a catastrophic life event by specialists, and I totally get that, because it has been in every single possible way.

"I think my biggest fear is that it's going to

define all of us or any one of us.
"I want to one day say that I feel happy or that I think I can have joy again.

"The hardest thing is, at the moment I don't have the ability to even think what a normal life would be like, like it used to be.

"Every single first, since Barney died, has been almost impossible, but somehow we have got through them.

'The first Christmas, the first New Year, they were tough. Charlie's 16th birthday i September was very tough.

constantly facing these awful on deadly knife rampage

Family's year of agony since Barnaby death



hero for bid to save son

There was one day when I thought, 'I don't want to wake up EMMA ON HER DARKEST



Grace was

was talking to my doctor, talking to Dave, and recognising that I needed medication.

"I am able to admit that I have reached out to get help for those dark thoughts. "I am taking medication and having some more therapy, because without those I don't

know if I would be able to survive. "David and Charlie are my everything, they are my family. If I wasn't here for them then

that's another catastrophic loss for them. "It would be selfish of me if I wasn't around anymore. I want to see them smile and laugh again, and we need to heal together, and I need

Charlie to have a good life." Emma revealed she, David and Charlie are going to the anniversary with the families of Grace and Ian. She added: "We are going to

firsts. I have spent the past week thinking about all the 'last' things we did a year ago. Barney only drove back up to Nottingham on the Tuesday before, to play bloody cricket. My last message to him was, 'When are you coming back? We're looking forward

to you coming back'.

"He replied, 'I'll be back Thursday or Friday, depending on my hangover'. I said, 'You know you're going to have to get a job to earn some money over the summer to pay for all the things you want to do?' His last message was, 'Yes, yes, 'Eyeroll'."

A pink rose bush in the Webber It's been 12 months of **KILLER Evil Calocane went** family's garden, planted last July after Barnaby's funeral, is in full

bloom. Emma has placed two cuttings in a vase in his bedroom, which has remained untouched since that horrific day.

Emma welled up when asked if there has been a point where she has felt like giving up. She admitted: "Lots of points. The grief is so deep that you cannot see beyond it.

"I sometimes don't know how I'm still standing. There have been dark times where I genuinely haven't wanted to be here anymore.

'There was one day when I just thought, 'I don't want to wake up'.

"I didn't do anything proactive but I thought about dying. I just couldn't see beyond it. "There was nothing in particular about that

day. I reached out to get help, medical help. "I wouldn't go so far as to say an intervention. I didn't have people here with white coats on. It recognise the horror and the tragedy of it and

# **ANNIVERSARY OF HORROR**



Wedding trip was difficult but we are united in grief

BARNABY Webber's parents made a painful return to Nottingham this spring for the spring wedding of victim Ian Coates's son.

James Coates, pictured, and his wife Hannah grew close to Emma and David Webber after meeting at the January sentencing of killer Valdo Calocane.

And they invited the couple, and Grace O'Malley-Kumar's parents, to their wedding in the city in April. The three families have a WhatsApp group named Not Justice.

Emma said: "We were amazed and touched when we got the invite

**HORROR ATTACK** Mirror

to the wedding. I find Nottingham a difficult place to go. Even saying the name is difficult. But I thought, 'Sod it, of course we will go'.

They had their reception in the Cosy Club, which is the last

place we went as a family of four, the weekend before C Barney was attacked.

"It was really difficult to do but we wanted to be there for them.

"Of course there are lots of people who have lost loved ones awfully, but this specific situation is unique to us. We are a strange new family. We are united in this horrific incident that happened.'

mark the emotional day. There will be a small vigil at the university, so we will be there.

I'm making myself do it but I find it difficult seeing his friends, both down here and up there.

"They are amazing kids. There is so much love out there, but it is difficult to see them. They will turn 21, they will have children. It's

painful. That's the real pain. What's lost. I won't see Barney do any of those things. 'You have bad days and worse days. A small part inside me is still fighting to not want that

to be the rest of my story. 'We try really hard to create a bit of normality,

especially for Charlie." Barnaby and Grace, from Woodford Green, East London, were walking home from a night out together when they were targeted by

Calocane. Talented hockey player Grace tried

to stop the attacker stabbing her friend and paid the ultimate price.

There have been calls for her to be awarded the George Cross for her bravery.

Emma said: "She tried to save her friend. Barney did not stand a chance because he was ambushed by this awful, evil coward.

"But Grace will always be my hero. She could have run. It doesn't get more heroic than that."

The teenage pair have always been described as friends - but Emma is convinced they were more than that. Asked if they were in a romantic relationship, she replied: "Yeah, I think so, in some form or another.

"I know she meant a huge amount to him, because he never spoke about girls with me, but he had told me about Grace.

"He had a serious girlfriend previously and

special about Grace." CCTV of Barnaby and

Grace's final moments - which Emma cannot bear to watch shows them strolling side by side.

Prosecutors accepted Calocane's guilty pleas to manslaughter, sparking fury among the victims' families who believe he should have faced trial for murder. He was given an indefinite hospital order.

Asked if she could ever forgive her son's killer, Emma replied firmly: "No, never. I have no capacity to forgive, now or ever.

I fully respect other victims' families who have been able to splash on killings last year

lots of 'liaisons', but there was clearly something  $\;$  forgive perpetrators of heinous crimes, but I can't and won't. There's no forgiveness. I have

so much rage towards him." Recalling the moment she saw Calocane in court. Emma said: "I wanted to smash my hands on the glass dock and scream at him. Nothing can prepare you for having to sit in that kind of environment when that monster is feet away from you.<mark>'</mark>

Emma revealed she has had a letter from the killer's family but neither she nor David has read it. She said: "We can't face it."

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**VOICE OF MIRROR: PAGE 10** 

# Horizon fight lawyers' help

LAWYERS acting for the Post Office sub-postmasters are to help the Nottingham victims' families

They have offered their services pro-bono to the relatives of Barnaby Webber, Grace O'Malley-Kumar and Ian Coates.

The families are calling for a change in the law to make it harder for mentally ill killers to avoid murder convictions.

Solicitor Neil Hudgell and barrister Tim Moloney KC will formally begin work tomorrow.

Mr Moloney has been representing victims, led by Alan

Bates, in the Horizon inquiry. Neil Hudgell said: "A catalogue of catastrophic errors led to the loss of three wonderful lives."

Barnaby's mum Emma Webber said: "When we met them, it felt like it was the first time we had a hand on our shoulders."



CROWD Nottingham vigil last year

# City's people are amazing

### EXCLUSIVE BY MARTIN FRICKER

MUM Emma Webber has thanked the people of Nottingham for their support since Barnaby's death.

Families of the three victims will gather at the city's university this lunchtime to hold a vigil.

Emma admitted she now finds visiting the city difficult but she said: "The people of Nottingham are amazing.

'We as a family absolutely adored it. It's a great city. Barney loved being there and socialising.

'We've had countless letters and messages from people who live there. They feel like they have to apologise - but they don't have anything to apologise for."

Emma recalled her address to crowds of mourners in Old Market Square after the attacks. She said: "It was a sea of people half a mile deep. What was palpable was the energy. It did make a difference."



# **EXCLUSIVE**BY MARTIN FRICKER



### BARNABY Webber's pet dog left a cuddly toy on his bed the day he died and has not touched it since.

Dougie, an 11-year-old Jack Russell/ chihuahua rescue cross, walked into the teenager's bedroom on June 13

He left the giraffe soft toy on Barnaby's bed, where it still remains. Barnaby's mum Emma told the Mirror: "Barney adored Dougie. He

called him 'Big Man'." Emma goes into his bedroom every evening to turn on his light and returns to turn it off before bed.

She said: "It's just something I like memories of him, one way or another."

to do. It's a comforting thing, like he's still there I guess."

A year on from his death, everywhere Emma goes she is greeted by reminders of her eldest child, who excelled at cricket and rugby.

She said: "I miss him. His presence. Looking at him. Just him being here. He was always there.

"From being pregnant, to him being in the world. Just that space, that emptiness. It doesn't get any easier.

That's the thing with grief, small things can trigger you.

'It can be anything. A song, a memory, a road sign, places you have been. Taunton is a big town but there is not a single part that doesn't have

"Barney's parents, Taunton" arrive at the family home every day.

Well-wishers send gifts including hand-crafted pebbles and crystal dream-catchers.

"I suppose in a really dark world, for us it shows us there is some good out there," Emma said.

### **BOTHERED**

"It's very easy to think everything is bad. If I have a pound for every time I hear 'I can't imagine what you're going through' or 'I've got children the same age' or 'It's every parents' nightmare',

Cards and letters simply addressed to it's painful. When I hear 'I can't imagine', what I hear as the parent is Thank god my child is safe'

That sounds cruel, but it's not because that's what we feel about it.

'But I'd much rather people bothered to say something than not.

"I was walking the dogs yesterday and a lady stopped and said, 'You're Barnaby's mum aren't you?'.

You could see her thinking 'F\*\*\*, what do I say?' but she said 'I just want to let you know I'm thinking about you all the time'.

"She was an older lady, people are just mostly decent.

I'd be able to pay the mortgage off.

"I don't say it lightly, because I probably say all of those things, but "It's a struggle to be in the public eye. It's difficult being recognised. It's not like I'm recognised for winning a "It's a struggle to be in the public eye. It's difficult being recognised. It's

# NE YEAR ON: MUM OPENS UP





# The day Barnaby died our dog put a cuddly toy on his bed. It's still there

medal at the Olympics, or being a great actress.

"I'm being recognised for the tragedy, and people feel genuinely sad for me. But that said, I'm so admiring of people that make that effort to say something – that cannot be easy.

"A lady came up to me in M&S after seeing me come in, and she had bought me a bunch of flowers. Those little things are so kind."

Emma has Barnaby's initials tattooed on her wrist along with the roman numerals LIII, in memory of his number 53 cricket shirt.

doves in particular, together. I want to have two doves."

Emma finds it understandably hard and painful to talk about the horrific events of 12 months ago.

But she believes speaking about her experiences will help bring about change in how victims of crime and their families are treated.

their holiday lodge in Cornwall on the day Barnaby, 19, was killed.

"I'm going to get another one, possibly this week," she said. "I want to recognise Grace [O'Malley-Kumar, week with his school. "I remember we son Charlie was away on an activities Barnaby's fellow victim, who tried to woke up as normal and I had a Teams move on the app. We were panicking.

the news.

"Straight away we tried to contact Barney and he was not answering.

"We were trying to see where his phone was on the Find Me app and it was not at his student residence.

### **PANICKING**

"As we now know it was on Ilkeston Emma and David were staying at Road. We started to get really concerned. I had a feeling that something was wrong.

"Then the phone started moving. It moved to the police station, and then I just knew. We were watching it

protect him] because of what she did.
If you read into spirituality there's something about doves, or turtle

meeting at 9am," she said. "As it was If you read into spirituality there's something about doves, or turtle

meeting at 9am," she said. "As it was on woman had been killed and another happened in Nottingham." It was on was gravely ill. I was like, that can't be

"He didn't know what it was about "He di Barney because he's still a child.

"I was trying to phone the hospitals, and Dave got through to the police.

"He said their voice changed a little bit when he said Barney's name. They said 'we will call you back'.

"We just got in the car. We were driving for about four miles when we got a call from a family liaison officer.

"They asked if we could pull over. They told us in the car park of a pub on the outskirts of Camelford. My world went black. I just screamed."

The couple then had to break the news of Barnaby's death to Charlie.

'We had to drive to the other side

but there was a look on his face.

"I don't think he ever thought it would be something that bad. So we had to tell him, which was the second-most awful thing I have had to do. The most awful thing to do was seeing Barney in the hospital.

"I chose to do that. We didn't let Charlie come. It was myself, Dave and Barney's three surviving godparents.

"I can't talk any more about it. You can only imagine. That's part of the trauma I'm trying to deal with. Suffice to say it was horrific."

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# Pharmacies' fund protest

HIGH street pharmacists are staging a day of action to protest as 10 are forced to close each week.

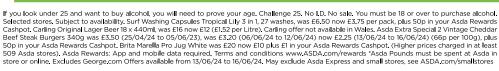
Pharmacists are barred from striking due to their NHS contracts but will turn off lights and ask staff to wear black on June 20.

The National Pharmacy Association is organising the unprecedented step after a funding squeeze led to 1,400 closing in England in the past decade.

The Tories said they were delivering on a clear plan to boost pharmacies.











BY NICK SOMMERLAND

ONE of Baroness Mone's business associates has been arrested by police officers investigating PPÉ contracts worth £200million.

The 46-year-old man was detained after a raid on his home yesterday.

He is being held on suspicion of conspiracy to commit fraud and of

attempting to pervert the course of justice.

He is being interviewed by officers from the National Crime Agency.

It said: 46-vear-old man from Barnet, North London. was arrested this morning at his

home address as part of an ongoing investigation into suspected criminal offences committed in the procurement of PPE contracts by PPE Medpro."

It is the latest development in a three-year probe during which the Conservative peer and her husband, Doug Barrowman, have been interviewed under caution by detectives.

Baroness Mone referred PPE Medpro

to government contacts before it won £200m in Covid deals - but initially lied to the Mirror over her involvement in the procuring of the contracts.

She is suspected of conspiracy to defraud, fraud by false representation and bribery.

She and Mr Barrowman deny all of the allegations and insist that they have done nothing wrong.

The Department for Health is suing PPE Medpro in the High Court over a £122m deal for 25 million gowns it claims were not even sterile.

Baroness Mone is on a leave of absence from the House of Lords "in order to clear her

name of the allegations that have been unjustly levelled against her".

She is facing a separate investigation by the Lords Commissioner for Standards into whether she breached conduct rules by failing to register an interest in the company and by lobbying for it to be awarded contracts.

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MOVING Dehenna Davison

# Tory starlet to join envoy love in Brazil

BY JEREMY ARMSTRONG

A TORY "rising star" who quit as an MP is moving to Brazil with the diplomat who reportedly fell for her as he divorced his wife.

Dehenna Davison, 30, was tipped for high office when she won Red Wall seat Bishop Auckland, Co Durham, aged just 26.

But she has announced she will not be standing in the election, and plans to live in Brasilia with Foreign Office envoy and father-oftwo Tony Kay, 51.

Ms Davison said: "The plan was always to move after the election."

Whitehall sources had confirmed their relationship in February 2022.

Ms Davison, the first openly bisexual female Tory MP, separated from Hull councillor ex-husband John Fareham, 35 years her senior, before her election.



TARGET Tamara Ecclestone

# **Arrest made** over £25m Tamara raid

BY POL ALLINGHAM

A SUSPECTED criminal accused of being involved in a £25million burglary at Tamara Ecclestone's home has been charged.

Ljubomir Romanov allegedly invested money from "criminal activities" in the UK into luxury cars, property in Belgrade and other items valued at £2m, according to court documents in Serbia.

The alleged money laundering offences are understood to be linked to 2019 raids that also targeted former England footballer Frank Lampard.

A total of £26m of valuables were stolen, including cash and gems.

Eight other defendants were named in the indictment and the Met Police confirmed they are working with Serbian authorities on the case.



# HOW COME YOU'RE LED GWYNETH?

# **EXCLUSIVE**

BY MARK JEFFERIES Showbiz Editor

**RUTH Jones says Gwyneth Paltrow** talked down to her on a movie set after she asked the US star how she got her name.

The encounter was when they acted together in 1996 period comedy film Emma.

Ruth was unknown at the time while Gwyneth was the movie's main star. Ruth, 57, said: "We were

waiting for them to shout 'action', so it was just me and Gwyneth behind a door. She didn't want to talk

# Ruth: Paltrow was dismissive of me

conversation with her... and I said, 'Do you have any Welsh connections?... How come

you're called Gwyneth?'. "She said, 'My mother had a friend called Gwyneth and she liked the name, so she called me Gwyneth'. She was quite dismissive of me." Welsh

AWKWARD MOMENT Gwyneth, left, and Ruth, right, appeared in movie

to me, I was a nothing. I tried to make actress Ruth added she was meant to say two lines but that her role was halved after Gwyneth piped up

that only one line was needed. She said: "Imagine this for people who are starting out... someone cut 50% of your script, it's heartbreaking.

Ruth, who was speaking to pal Rob Brydon on Wondery podcast Brydon &, added she has been telling fans fibs when they plead for

spoilers about the Gavin & Stacey finale,

which is due to air on Christmas Day. Ruth, who co-writes the BBC comedy, said: "I go, 'There's going to be a helicopter crash, most of the cast get killed'."

On rumours about the final episode, she told Gavin & Stacey co-star Rob: "When we felt it was in good enough shape... we contacted the BBC. There was all this stuff about Netflix and a bidding war absolute rubbish.

■ Brydon & is out today on Wondery+ and everywhere you get your podcasts.

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# Keir needs to seal dea

WHEN Keir Starmer unveils Labour's manifesto today, it will be his chance to make sure he has earned Britain's vote.

At the heart of the package will be plans to kick-start Britain's moribund economy.

But there are also pledges to build more homes, improve workers' rights, boost skills and ease the cost of living crisis.

Unlike the fantasy offering from the Tories earlier this week, Labour's proposals are fully costed and rooted in reality.

Voters are looking to Labour to rebuild the economy, repair public services and restore pride in Britain's communities.

Rishi Sunak's claim the economy had turned a corner was demolished by official figures yesterday showing GDP flatlined in April.

Today Mr Starmer must not just offer change but the hope of a better tomorrow.

# Mother's grief

A YEAR ago today the life of Emma Webber was changed for ever when her young son Barnaby was killed on the streets of Nottingham.

To lose any child is every parent's worst nightmare but it almost impossible to imagine the trauma of losing your loved one in such a horrific and violent way.

Ms Webber speaks eloquently of the grief she will always carry –a grief she shares with the families of Grace O'Malley-Kumar and Ian Coates. Adding to their agony. they are still waiting for answers about why more was not done to prevent mentally ill Valdo Calocane from carrying out his killing spree.

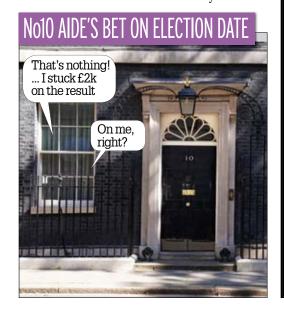
Ms Webber has been sustained by the love of her family and the kindness shown by so many others, sometimes complete strangers.

But her words are a heartbreaking reminder of the long shadow cast by an act of evil.

# Ton of talent

ADAM Wharton is living the dream after his schoolboy ambition to play for the England football team has come true.

Let's hope he helps get the Lions off to a dream start at the Euros on Sunday.



# ECTION 20

track despite Tory car crash

ON Tuesday, when I heard the Tories had chosen Silverstone of all places for their manifesto launch, I had a flashback to a toe-curling moment in the 2010 election.

To try to revive flagging Labour spirits at the end of a gruelling campaign, Gordon Brown summonsed his Cabinet to Birmingham for a final re-launch. As

## **ANDY BURNHAM** Mayor of Greater Manchester

we proudly lined up behind him, next to a major roundabout, the occupants of a passing bin lorry shouted a few choice words.

In their excitement, they lost control of their vehicle and shunted a car into a nearby bus shelter. The







BY **JOHN STEVENS** Political Editor and **GRAHAM HISCOTT** 

KEIR Starmer will promise a jobs revolution by getting Britain building again and offering parents better childcare.

Today the Labour leader reveals his plan to kickstart the economy, launching his election manifesto in Manchester, with wealth creation "our number one priority".

A party source said the manifestos theme will be: "Change, change, change! Growth, growth, growth!"Figures show the

another crippling blow to the Tories' election hopes, the Bank of England is next week likely to freeze interest rates again.

Mr Starmer will say growing the economy at the level of the last Labour government would mean "an extra £70billion worth of investment for public services".

He will unveil plans to overhaul job centres, tackle health and mental health challenges and get more people back into work.

He will pledge to reform the

economy stalled in April and, in immigration and skills systems so the workforce is fit for the decades ahead. Labour will create 650,000 jobs by investing in new technology, such as renewable power.

Mr Starmer will overhaul planning rules to build railways, roads,

Boos, jeers and voter's laughs

# Don't veer off



WRONG LEADER Dame

Tory Dame Andrea Jenkins seems to have forgotten what party she is supposed to be representing.

Her election leaflets show her grinning alongside Reform leader Nigel Farage.



Britain's railways have become a symbol of national decline under the last 14 vears of Torv rule.

So it's fitting that the train the party suggested journalists could take for their event in the North East yesterday was cancelled.



Tory Holly Ramsey has given up the race already. Instead of canvassing in West Ham and

Beckton in East London, she has been soaking up the sun in Majorca.







Comedian Jason Manford on Sunak: "Why do they pretend that their upbringing was worse than it was? We see right through you!"

# RMINDBR

Don't forget that you need to apply for a postal vote if you have a holiday or engagement that means you can't get to the polling station.

The deadline to apply for a postal vote is 5pm on Wednesday, June 19. Go to gov.uk/apply-postal-vote You must also be registered to vote by 11:59pm on June 18 via gov.uk/registerto-vote

Don't forget ID on polling day if you vote in person. If you don't have a passport or driving licence, apply for a free voter ID certificate.

# STARMER MAKE

headlines wrote themselves - just as they have once again this week

While we laugh at the "car crash" Tory campaign, the danger is we minimise the threat of the bigger disaster awaiting Britain if the dishonest document published earlier this week is ever implemented.

If you think the country feels broken now, wait until you see the state of it by the end of the decade if the Tories get back in. This manifesto is a desperate last throw of the dice, betting the house on tax cuts worth £17billion without saving where the money would come from. The only firm commitment is to cut the benefits bill by a further £12bn.

This would come on top of punitive policies such as the benefits cap, the two-child rule and bedroom tax. The

TUC has been tracking Tory DWP policies over 14 years.

The number of people using foodbanks soared from 60,000 in 2010 to three million by the end of 2023.

Can you imagine what the size of the queues outside foodbanks will be like if they get the chance to slash support even further? It will be like scenes from The Hunger Games. We have become

used to hearing the phrase "choosing between heating and eating"

This Tory manifesto would remove that choice from millions and force them to go without both.

Disabled people will be particularly fearful of what Tory rhetoric on benefits waste means for them.

They will not just bear the brunt of benefit cuts but also cuts to council

budgets and social care. It's a truly toxic combination. So, while we may laugh as the "wheels fall off" the Tory campaign, the danger is we give the impression that the election is all but over.

It's not, and it's time to get serious. Voter registration closes on June 18. And postal vote forms land the weekend after next.

Tell everyone you know to get ready.





# Sunak aide probed over July election date flutter

ONE of Rishi Sunak's closest aides put a £100 bet on a July General Election, just three days before the Prime Minister announced the date

Craig Williams, who is standing to be a Tory MP in Montgomeryshire and Glyndwr, confirmed he was being probed by the Gambling Commission after he "put a flutter" on the timing of the vote.

In a statement last night, he admitted he should have "thought through how it looks".

Mr Williams, who is the PM's parliamentary private secretary, made the bet with Ladbrokes on May 19, according to The Guardian.

He could have made a £500 profit at odds of 5/1. But Ladbrokes automatically triggered a red flag on the bet as being potentially placed by a "politically exposed person", the newspaper said. The bookmaker then referred the case to the

Gambling Commission, with No10 understood to have been informed last week.

Mr Williams, who is the PM's eyes and ears in Parliament, is likely to face questions on how much he knew about Mr Sunak's plans to call a summer election, which stunned Westminster.

In his statement, Mr Williams, who has posted several pictures of himself and Boris Johnson on his X account, as well as a video with Liz Truss, said he "thought it best to be totally transparent" about the bet he had placed.

A Tory spokesman said: "We are aware of contact between a Conservative candidate and the Gambling Commission. It is a personal matter for the individual in question. As the commission is an independent body, it wouldn't be proper to comment further, until any process is concluded."

# 

labs and 1.5 million homes. He will has a "serious, fully costed, fully argue restoring economic stability will let businesses plan and create the certainty needed for investment.

In contrast to the "desperate, rates of income tax, national insurunfunded wishlist of the Conservative manifesto", he will say that Labour

RISHI Sunak was booed, heckled and

laughed at in a humiliating Sky News

As the PM was challenged on his

the studio audience could be heard to

failure to turn around the economy,

interview last night.

shout at him. "I know things are not easy. Of course I know that they've been difficult," he said.

funded plan for change".

It will include a "tax lock" for

working people – a pledge not to raise

ance or VAT. Corporation tax will be

capped at its current rate of 25%. Mr

An ex-Tory local chair called Amy referred to his rule-breaking during Covid. She said: "I find myself an

Starmer will say: "Wealth creation is our number one priority.

"Growth is our core business - the end and the means of national renewal. The mandate we seek from Britain at this election is for economic growth. This changed Labour

undecided voter. Actions taken by this government make me feel ashamed."

Labour leader Keir Starmer was the first to be interviewed by Sky's Beth Rigby. A snap YouGov poll showed 64% thought he came out on top.

Party has a plan for growth.

"We are pro-business and pro-worker.

The party of wealth creation. We have a plan in this manifesto that represents a total change in direction, that is laserfocused on our cause.

"A Government back in the service of you and your family." Last night Mr Starmer said there would be no tax surprises.

He told Beth Rigby on Sky News: "I'm not wanting to raise tax, I think

people are taxed too much already." Shadow Chancellor Rachel Reeves gave a strong hint that Labour will promise to introduce a cap on care costs in its manifesto. investment in public services are promised

Rishi Sunak last night insisted he had not lost hope of winning the

General Election – as Tory ministers resorted to warning about the risk of Labour winning a "supermajority".

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X @johnestevens

# DAL & ROMANCE ABOUN

ONCE upon a time, Cinderella did go to the ball. And she got her prince. And they steamily snogged each other's faces off in a carriage.

Yes, fans went wild when poor lovesick Penelope finally got her Colin Bridgerton in the finale of season three, part one.

'For God's sake, Penelope Featherington, are you going to marry me or not?" he gushed, leaving us all adrift. Until now.

Part two serves up a ton of scandal from the start. It's no spoiler that Pen is a definite "Yes" to the

# A love story fit for Cinderella



whole engagement lark. And within 15 minutes, there's a bosom-heaving. semi-naked scene as the couple seem to, er, seal the deal.

But Eloise (Claudia Jessie), Pen's

estranged best mate and Colin's sister, is not happy.

The show's real love story is the friendship between these two, and theirs is one of the most gripping plotlines. There's also the small matter of Colin not yet discovering that Penelope is Lady Whistledown. Damn that secret gossip side hustle, it could bring all their plans to a halt.

As ever, it's a pacy, colourful, soapy show, for which, dearest gentle viewer, we must prepare for absolutely anything.

Available now on Netflix.



# EXCLUSIVE BY AMANDA EVANS

ridgerton fans are well used to the sight of poor Penelope Featherington standing on the sidelines of the ballroom, snubbed by eligible bachelors.

Constantly belittled by her mother and sisters too, this season her misery was multiplied when she was abandoned by her only friend too.

Penelope has always been the bridesmaid, never the bride - until now.

Today, the final four episodes of Bridgerton are released on Netflix and the one-time also-ran is finally the belle of the ball as she heads down the aisle with Colin Bridgerton, played by handsome hunk Luke Newton.

And for actress who plays her, the story has a kind of parallel.

After years in the chorus of school plays and a career relegated to bestfriend roles, Nicola Coughlan is finally getting her own time in the limelight.

She was certainly the centre of attention as she rocked up to the season three, part two premiere at the ODEON Luxe Leicester Square in the West End of London last night in a glittery gown fit for any society ball.

Caroline Moggan, who taught her at Calasanctius College in Oranmore, Galway, Ireland, had to break it to a teenage Nicola that she would not be the lead in the school musical.

"She had a real presence on stage, even back then," Caroline tells the Mirror. "Even though she hadn't landed the main part, we would always say, There's no such thing as a small part'.

"When introducing them to the stage, you want pupils to understand what makes the bigger parts look good."

hat lesson has clearly stood the Irish star in good stead.

"Nicola was always very positive," Caroline says. "She was a real open book. She seemed to be able to click with adults and her peers at the same time. She was happy in her own skin, with always a smile and a 'Hello'." Caroline is incredibly proud of how

well Nicola has done since school despite some setbacks.

"Ît doesn't surprise me at all how well she has done," she says.

'She had something. I have followed her career and I really do think she has done amazingly. She seems to take it all in her stride. She's very down to earth and I like that about her."

That grounded girl grew up in Oranmore with dad Martin, mum Beatrice, sister Clodagh and brother Kieran, both older than her.

Respecting their religion, Nicola made sure her parents were sent a PG version of Bridgerton to watch instead of the usual steamy scenes.

"It's literally written into my contract," she has said previously.
"I grew up Irish Catholic. That's just



**CUTIE** Nicola at picnic aged three



PARTY TIME At an early birthday



ALWAYS SMILING Young Nicola



BAD TIMES Working as a waitress

not how we vibe." Bridgerton fans will know the editors have their work cut out to make scenes parent-friendly.

And there are more steamy scenes ahead with Colin.

Caroline adds of her old pupil: "She went through the usual teenage stuff, being giggly and getting used to the boys and stuff like that but she was never difficult at any level.

"She always seemed to be able to go through life without being troublesome or difficult. She was very easy to deal with. A very lovely girl altogether."

Caroline taught Nicola history between the ages of 13 and 15 and also helped out with the musicals.

But Nicola's love of acting was sparked much earlier, when she was five, after watching her big sister





Clodagh in a school play. And Nicola credits her home county with giving her the impetus to aim high.

In 2022, the Galway girl returned there for the YouTube documentary Made in Ireland. Looking out to sea, she said: "When you're stood on the coast in Galway, the next thing you see to the west is America.

There's definitely a sense of possibility. There's always a sense of open

frontiers. I've always felt that from here."

And she has done nothing but find a new frontier to aim 🍠 for every time she conquers one.

Nicola graduated with a degree in English and classical civilisation from the National University of Ireland. Galway. She then trained at the Oxford School of Drama, then the Birmingham School of Acting.

She shot to fame playing Clare Devlin in Derry Girls, before appearing in various stage and screen shows and finally landing Bridgerton.

She even had a role in smash hit film Barbie, wearing a replica of the

dress her own childhood doll had. Her hungry." Ber Keane, acting principal, first film role when she was 10, in action thriller My Brother's War.

Nicola was allowed to take a day off school and was paid £30 to feed swans in the James Brolin film.

At the time she was at Scoil Mhuire girls-only primary in Cork, the place she says is "definitely where acting in front of an audience began".

Her drama teacher there, Edel

Carney, is now the school's head and she met up with Nicola after the first series of Bridgerton was aired.

"She would skip into the drama class, because she loved it," says Edel.

"She was absolutelv

attitude to life, adding: "She's a great role model for our pupils because of her resilience and determination.

"And she is a living example to them of how success is down to talent, a

taught Nicola when she was 11 and

said the school was "enormously

She tells the Mirror: "Nicola was a

"It was evident, even at that young

"Performing came very naturally to

roud Ber also praises Nicola's

her, she really came into her own on

stage. She was a beautiful singer too."

very sociable child during her

age, that she had a great talent.

proud of her success".

primary school years.

little luck and a lot of hard work. Our motto is 'Not words but deeds.' She is the living embodiment of that."

And while Nicola might now have the acting life so many dream of, there were stumbling blocks along the way.

She tried her luck in London but returned home where she worked in opticians Kelly Eye Care and as a waitress. Posting pictures of her time waiting tables she said: "I was so desperate to be acting and unsure that I would ever get to. I was really broke and really disheartened."

Nicola then told her followers not to give up on their dreams and let's face it, she's proof everyone can be the belle of their own ball.

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**HELP** Volodymyr Zelensky

# G7 talks over frozen funds for Ukraine

BY **LIZZY BUCHAN** in Puglia, Italy

RISHI Sunak will today join a push to unlock billions of pounds of frozen

Russian assets for Ukraine. The Prime Minister jetted to the G7 summit for crunch talks on how to use the £222billion of funds left in Western institutions.

President Volodymyr Zelensky, who is expected to attend the conference today, desperately needs capital to repel Russia.

Mr Sunak has also announced a further £242m in immediate British aid for Kyiv.

He said: "We must move from 'as long as it takes' to 'whatever it takes' if we are to end this illegal war."

The summit comes as Russian missiles hit a block of flats in Mr Zelensky's home town of Kryvyi Rih, killing nine people.



PUNCHED Wayne Lineker

# Thug knocks out Lineker's brother, 62

BY GERARD COUZENS and MATTHEW YOUNG

WAYNE Lineker, brother of football legend Gary, was knocked out by a thug in an Ibiza nightclub.

Wayne, 62, was hit with a left hook as he tried to walk away from his attacker, who had been held back by revellers.

A woman went to help Wayne before a second man ran up to Lineker and banged his open hand on the floor, as if celebrating.

It was not clear if anyone was arrested over the 4am incident at the Eden club.

A witness said the thug and his pals had pestered Wayne's female pal, and police had attended.

He said: "Wayne just fell on the floor and the man and his friends ran off."

Wayne, owner of O Beach Ibiza, came round after five minutes.

# Medic 'caught Letby virtually red-handed in tube tamper

Ex-nurse faces retrial on attempted child murder **IN DOCK AGAIN** Lucy Letby denies any Countess of Chester wrongdoing Hospital Accident and Emergency SCENE Letby worked at the Countess of Chester The reasonable thing for a nurse to do was to call for help or breathe for the child NICK JOHNSON KC PROSECUTOR IN COURT YESTERDAY WORK Letby in

BY HOLLIE BONE and AMY WALKER

LUCY Letby was caught "virtually red-handed" tampering with the breathing tube of a baby she is accused of attempting to murder, a court heard yesterday.

The 34-year-old former neonatal nurse is on trial charged with trying to murder the infant girl, who can only be identified as "Child K".

Last summer, Letby was convicted of murdering seven babies and the attempted murder of six more while she worked at the Countess of Chester Hospital. The jury in her original 10-month trial had failed to reach a verdict over allegations she faced in the case of Child K.

Opening the retrial at Manchester crown court yesterday, Letby's status as a multiple murderer of babies is an "important piece of evidence" when deciding if she tried to kill another infant, jurors were told.

Prosecutor Nick Johnson KC said:

"We are saying that her status as a multiple murderer and attempted murderer is an important piece of the evidence that you can, if you wish, take into account when you are considering whether we have made you sure that she attempted to murder (Child K)."

Mr Johnson told the court that in the early hours February 17, 2016, Child K had been born at 24 weeks and was in the neonatal unit.

### **COLLAPSED**

Letby was not the tot's designated

nurse on the night in question.

Shortly before 4am Child K collapsed. Mr Johnson said that Dr Ravi Jayaram, the on-call consultant had walked into the nursery to find Letby alone with the baby.

"He saw Lucy Letby was standing over Child K desaturating but the alarm was not sounded and Lucy Letby was doing nothing," he said. The court heard that Child K's intubation tube was found to be dislodged.

Mr Johnson went on: "The reason (Child K) was desaturating was because that tube had been displaced and we suggest that the fact Lucy Letby was doing nothing and the fact the alarms were not sounding is evidence from which you can conclude that it was Lucy Letby, the convicted murderer, who had displaced the tube.

"We say Lucy Letby had been caught virtually red-handed by Dr Jayaram." Letby, of Hereford, watched

on from the dock. She denies any wrongdoing.

Defending her, Ben Myers KC said: "It's important that these convictions do not prove this allegation."

Mr Myers added Child K had been born extremely prematurely and that the hospital was not the level of unit designed to care for such a small baby.

The trial continues.

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# **OUR DAILY PUB QUIZ**

In which round was Tyson Fury knocked down against Oleksandr Usyk?

**2**Which Hugh Dennis sitcom is returning for a festive special?

3What is the only known fish that can blink with both eyes?

4 What is the highest grossing Harry Potter film?

According to Scientists, which came first, the chicken or the egg?

**ANSWERS: PAGE 45** 

# rhat's what you calla Great 7ft top dog Kevin is world's tallest hound

OFFICIAL Father's Day Reminder HAPPY PRICE DROP THAT'S MORE LIKE IT



BY CHRISTOPHER BUCKTIN

KEVIN stands 7ft on his hind legs as the greatest of Great Danes, according to Guinness World Records.

The three-year-old gentle giant is now in the record book as the world's tallest dog.

The pawesome hound is 3ft 2in tall when on all fours and named after Kevin from the hit film

comedy Home Alone. He lives with his owners Roger and Tracy Wolfe, alongside three plus chickens, goats, and

terrier. Tracy described Kevin as "the in September last year. epitome of a gentle giant". She added: In fact, he is scared of most things. He

is terrified of the vacuum. He won't let it come within six feet of him.

"He will jump and run to get away from it."

Despite his fearsome size, Kevin is well liked by smaller pooches and is

known to crouch and crawl to make himself appear smaller and less

intimidating. Kevin is 2ft 10.41in taller than chihuahua Pearl, the shortest living dog at 3.59in.

And he has taken the tallest record from Zeus, a two-year-old grey and brown American Great other dogs and four cats, HOME ABONE Kev's kitchen Dane from Bedford,

Texas. Zeus, who stood horses in West Des Moines, Iowa, US. 3ft 5.18in and was more than 7ft tall His best friend is Tuck the decker rat when standing on his hind legs, died

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# ROBBERY Annabel Croft Strictly Croft shaken after phone snatch

BY LAURA HARDING and MARK JEFFERIES

STRICTLY star Annabel Croft says she was traumatised when a thief on a bike swiped her phone.

The ex-tennis player, 57, said a young lad in a balaclava rode towards her.

She added: "The next thing I knew, he was literally at me and one-handedly, very skilfully, snatched the phone right out of my hand."

She added of the drama near London's King's Cross St Pancras Tube station at the weekend: "I was screaming all sorts of expletives. Then incredibly, he dropped the phone."

Annabel, fourth in last year's Strictly, added on ITV's This Morning: "It totally traumatised me.

"If you're on a street corner, and you have your phone out, just be aware."



# **US diplomat:** I'm sorry for Harry death

BY **DAN WARBURTON** 

A US diplomat yesterday apologised for the "tragic mistake" which caused the death of Harry Dunn but did not attend his inquest.

Motorcyclist Harry, 19, was killed in a 2019 crash.

His inquest heard exspy Anne Sacoolas, 45, told Northants Police that she instinctively drove "on the American side of the road" before hitting Harry near an RAF base.

Sacoolas, who got a suspended sentence, declined to attend the Northampton hearing but said in a statement she thinks of Harry every day, adding: "I am deeply sorry for the pain I have caused.

Dunn family spokesman Radd Seiger said: "Why on earth is Sacoolas not in court to answer the court's and family's questions?"

**BACK IN THE SWING** Playing this week

The inquest continues.



# Gancer care start delays Shortage of staff making waits longer started treatment within tractment on time is a

NHS delays leave hundreds of thousands of cancer patients waiting too long to start treatment, data just out shows.

Cancer Research UK found that 382,000 patients have exceeded the two-month target since the national standard was last hit in 2015.

NHS England's aim is for 85% of cancer patients to begin treatment within 62 days of an urgent referral.

But data for March, the most recent available, shows just 69%

Michelle Mitchell, CRUK Chief Executive, said: "Each of these numbers is a friend, family member and loved one who is facing unbearably long waits."

It comes as a separate report by the Royal College of Radiologists shows treatment delays are worse due to a shortage of radiologists and oncologists.

Leading oncologist Professor Pat

patients not getting their treatment on time is a disaster that cannot be allowed to continue in the next parliament."

A Tory spokesman said survival rates were improving and diagnoses were getting

earlier. NHS England said it was treating more cancer patients than ever, and urged sufferers to seek aid.

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SJM CONCERTS, LIVE NATION, MCD & DFC BY ARRANGEMENT WITH WME PRESENTS

CELEBRATING THE FIRST 2 ICONIC ALBUMS KISSING TO BE CLEVER & COLOUR BY NUMBERS





# TONY HADLEY & HEAVEN 17 PERFORMING THE GREATEST HITS

DECEMBER 2024

TUESDAY 03 DUBLIN 3ARENA THURSDAY 05 LIVERPOOL M&S BANK ARENA FRIDAY 06 LEEDS FIRST DIRECT ARENA SATURDAY 07
NEWCASTLE UTILITA ARENA CARDIFF UTILITA ARENA

NOTTINGHAM MOTORPOINT ARENA **MANCHESTER CO-OP LIVE** 

SUNDAY 15 LONDON THE 02

FRIDAY 13 GLASGOW OVO HYDRO

SATURDAY 14 BIRMINGHAM RESORTS WORLD ARENA

TICKETS ON SALE 9:30AM TOMORROW TICKETMASTER.CO.UK | GIGSANDTOURS.COM

mirror.co.uk

**BOOST** Michael Altheim

# A thumbs-up for printed bionic digits

BY **JAMES GAMBLE** 

A MAN who lost four fingers in a work accident is the first customer to be fitted with "intelligent" 3D-printed fingers.

Michael Altheim, 52, was using a machine to spread sand on a sports field in 2014 when his glove caught in it. He had to have four digits on his right hand amputated.

But now he can simply flex his wrist muscles to move his Hero Gauntlet prosthetic's fingers.

It was made by Bristolbased Open Bionics, using 3D modelling technology.

The firm's Samantha Payne said: "It's pure joy to see a piece of engineering have an instant impact."

Michael, of Frankfurt, Germany, said: "When I slipped it on and moved my fingers, I thought 'Oh



**INSTITUTION** Neighbours **Neighbours** 

# fans' grief as show ended

BY **STEPHEN BEECH** 

NEIGHBOURS fans suffered feelings similar to losing a loved one when the TV soap was cancelled.

Some viewers of the long-running Aussie series were unable to accept that it was ending after 37 years, say scientists.

The show's finale was shown on Channel 5 in the UK in July 2022.

A survey of 1,200 fans found that they experienced strong grief, loss, and sometimes a lack of closure equivalent of losing someone close or the break-up of a relationship,

Dr Adam Gerace of CQ University, Adelaide, Australia, authored the study.

He said that for fans "the fictional people of Ramsay Street had indeed become good friends".

The soap was revived on Freevee last September.



THE ADE OF WITH THE BONE THE B the lookalikes at the wedding was amazing. It felt a bit like a busman's holiday, but it still was a magical day." Mum-of-five Amanda is such a fan of the Shape of You singer she named her two-year-

AN Ed Sheeran superfan has married the man of her dreams after getting hitched to the singer's doppelganger.

And the happy couple were joined by a host of other celebrity lookalike chums, including doubles of Prince Harry, David Beckham, Keith Lemon, Gordon Ramsay and Captain Jack Sparrow.

Mental health nurse Amanda Baron 40, and professional Ed Sheeran lookalike Ty Jones, 29, were introduced through friends at one of the singer's gigs. Amanda said: "It was the

best day of my life, better than any gig I've been to. I just must be the luckiest person in the world."

Ty added: "It was a wonderful day, the best ever, and we couldn't have asked for any more. Having

THE REAL THING Singer Ed

old daughter Cherry after Ed's wife.

THURSDAY 13.06.2024 DAILY MIRROR 19

Amanda walked down the aisle to Ed's hit song One Life – but opted for a track by James Arthur for their first dance.

"It is one of my favourite songs, we couldn't have it all Ed-themed, people would think that's weird," Amanda laughed.

> They tied the knot in Urmston, Manchester, and are jetting off to Romania for their honeymoon.

Ty said: "I had an inkling from the first time we met this was going to be for life. It's exciting and I can't wait for what is to come."

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"Just relax," she said, as I lay in the hospice, eyes shut... Not the kind of place that should have felt instantly relaxing to a woman in my position, I can't lie. But you know what? I did.

No. I haven't been admitted. I went along this week for the first of four sessions of complementary therapy.

Reiki was up first, something I've never tried before. A few minutes in, acutely aware of the complete silence and no sign of therapy, complementary or otherwise, I had to open half an eye to check what was going on. OK, in truth, to check if my lovely therapist had scarpered.

Much was my relief to see her standing above me waving her hands slowly over

Speaking from the heart my body looking like she might burst into song. I'd begun to panic that perhaps it was all a prank. Can you imagine? I could

Honestly, I'm not sure if it helped my side-effects, or how I feel. But I can't deny I noticed an incredible warmth spread across my body afterwards, and when I came home I went straight to sleep.

still be lying there now.

What a relief to have a treatment

where no part of my body is touched or intruded upon and the only focus is my wellbeing, "It's really weird," I said, "Yes," she agreed. "But it's good." That'll do me

My therapist has been working at the hospice for 17 years, and treated Bernie there, too. I remember her from then.

That was quite some elephant to have in the room with us, but thankfully she chatted normally about it and how lovely

Bernie was, and that made me feel OK. It's been a week for Me Time (some, I know, might ask 'when is it not?' Cheek). I also bought myself a present. New shoes? A new frock? Oh no. A new stick.

But this is no ordinary stick.

This walking stick not only folds away and has a handy handle halfway down for extra help heaving up, it has three magic buttons too.

A torch, a red beam (I think they'd let me into Hogwarts with this thing), and an alarm. No one's going to thank me for that when I accidentally press it in the night heading to the bathroom.

It even stands up by itself. At least one of us can.

# DIABETES RISK UP BY A QUARTER Condition rising among the under-40s

GP data has identified a worrying surge in patients at risk of developing type 2 diabetes, especially in the under-40s.

The boss of NHS England has issued a warning after half a million more people were found to have prediabetes last year.

The National Diabetes Audit identified 3.6 million people registered with a GP in 2023 who were found to have the condition - up 18% in just a year. Millions more are thought to be undiagnosed.

Also known as non-diabetic hyperglycaemia, patients have blood glucose levels that are higher than normal but not yet high

betes used to be extremely rare in the under-40s, but post-pandemic rises in problem boozing and junk food diets have owered the age people are developing it.

The latest data showed an increase of

almost a quarter in under-40s last year, up from 173,166 in 2022 to 216,440 in 2023.

Speaking at the NHS ConfedExpo conference in Manchester, NHS England chief Amanda Pritchard said: "Type 2 diabetes is a growing problem. Not only is it linked to kidney failure, amputation, heart attack, stroke and many common types of cancer, it also adds pressure to NHS services."

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**ROW** Hancock and Bridgen

# Hancock war of words with ex-Tory 'libel'

MATT Hancock libelled former Tory MP Andrew Bridgen to a devastating extent by accusing him of anti-Semitism, the High Court has been told.

The Tory party expelled Mr Bridgen after he claimed a cardiologist told him deaths linked to Covid vaccines were "the biggest crime against humanity since the Holocaust".

Mr Hancock called his online post "disgusting and dangerous anti-Semitic, anti-vax, anti-scientific conspiracy theories".

Christopher Newman, representing Mr Bridgen, told the court: "A libel about anti-Semitism is a particularly serious libel."

Mr Hancock denies calling him a racist.

Mrs Justice Collins Rice will hand down her judgment at a later date.



JAILED Twisted Luke D'Wit

# Poison killer's suspected of family deaths

BY **DAN WARBURTON** 

A KILLER who poisoned a couple is now being investigated over the deaths of his dad and grandad.

Luke D'Wit, 34, used a dose of opioid fentanyl to murder married pair Stephen and Carol Baxter.

IT worker D'Wit, who faked a will to cash in on the couple's wealth, was jailed in March for a minimum of 37 years for killing them in 2023.

Police are now probing whether he killed his own family members as well.

His dad Vernon was prescribed fentanyl shortly before he was found dead at his home on Mersea Island, Essex, in 2021.

Police say they will act if they find new evidence against D'Wit, of West Mersea. Stephen, 61, and Carol, 64, were poisoned at their home in the town.



# **HAMAS:**

The report described the October 7 attacks, as 'unprecedented in scale in Israel's modern history... invoking painful trauma of past persecution not only for Israeli Jews but for Jewish people everywhere"

Hamas abducted hostages without regard for age or gender, it said. They targeted

women, whose bodies were "used as victory trophies". The report had 'documented evidence of sexual violence" by Palestinian groups



The country committed war crimes and crimes against humanity with attacks on civilians the UN report found.

In its attack on Hamas, its forces aimed to inflict maximum damage without taking enough precautions, it found - which led to a staggering death toll.

The report added: "The deliberate use of heavy weaponry by Israeli security forces in densely populated areas constitutes an intentional and direct attack on civilians, particularly affecting women and children.



Defence and Security Editor

ISRAEL and Hamas both committed war crimes, a UN probe found amid the devastating Gaza conflict that is killing thousands of innocent civilians.

Damning reports suggest both have carried out torture, cruelty and hostage-taking – grave violations of international law – since the horrific Hamas attack on October 7 that sparked the fighting.

Israel's alleged war crimes and crimes against humanity include starvation, arbitrary detention and killing and maiming "tens of thousands of children".

Both Benjamin Netanyahu's forces and Hamas committed sexual violence and intentionally attacked civilians, according to the lengthy report.

Findings were based on a combination of interviews with victims and witnesses, open-source items, satellite imagery, medical reports and media coverage.

Israel previously refused to co-operate with the inquiry and it has now accused it of "attempting to justify" Hamas' actions as well as being anti-Israeli.
The country's mission to the UN said

yesterday the report did not mention continuous rocket fire on its soil by its enemies in Palestine and Lebanon.

US Secretary of State Antony Blinken said that America continues "to do the

work to make our own assessments" on whether there have been violations of human rights and international humanitarian law in the war in Gaza.

He also revealed the conflict is likely to go on after Hamas proposed numerous changes to an American-backed ceasefire plan – only some which were workable. Mr Blinken insisted the US and other mediators would keep working towards a deal.

His comments, made in Oatar, came as Lebanon's Hezbollah fired a massive barrage of rockets into northern Israel to avenge the killing of a commander, further escalating regional tensions.

### **SIRENS**

The militant group, an Iranian-backed ally of Hamas, has traded bombardments with Israel nearly every day since the war began last year. It says it will only stop once there is a truce in the Gaza Strip.

Air raid sirens sounded across northern Israel on Tuesday night and into yesterday morning as local military claimed around 160 projectiles were fired from southern Lebanon, making it one of the heaviest attacks since the fighting began.

There were no immediate accounts of casualties but brush fires were reported. It was said some missiles were intercepted.

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# Strictly Craig: Judges must change for disabled celebs

BY MARK JEFFERIES Showbiz Editor

CRAIG Revel Horwood says the Strictly panel have to learn how to judge the disabled contestants differently.

The 59-year-old choreographer is known for being the BBC ballroom show's acid-tongued critic. But he told RTE Radio 1 in Ireland

But he told RTE Radio 1 in Ireland he, along with fellow judges Shirley Ballas, Motsi Mabuse and Anton Du Beke have to change.

"If someone is wearing a

**TOUGH** Craig Revel Horwood

blade, for instance, you don't have a leg and you've got a blade instead then you can't possibly do a heel lead. So then we have to weigh up how we're technically going to draw lines under it," he said.

The next series of Strictly will feature its first-ever blind contestant, comedian Chris McCausland.

His appearance comes three years after deaf EastEnders actress Rose Ayling-Ellis danced her way to the Glitterball Trophy alongside Giovanni Pernice.

# Writer behind Elvis hits dies

SONGWRITER Mark James, who penned Elvis Presley's Suspicious Minds, has died aged 83.

The Grammy-winner also wrote the King's Always on My Mind and composed tracks recorded or covered by artists including Willie Nelson and Michael Buble.

Texan James, named one of the 20th century's top songwriters, died at his Nashville home on June 8.

His family said: "His larger than life personality filled any room he was in."

# SINGER OPENS



BY **CHRISTOPHER BUCKTIN** 

US Editor

CELINE Dion has revealed how she ingested enough valium to kill her when she suffered excruciating muscle spasms.

The My Heart Will Go On singer said she began suffering symptoms of stiff person syndrome, a rare neurological condition, as far back as 2008.

The Canadian told fans her diagnosis in December 2022 when she cancelled her Courage World Tour.

However she has now spoken about how she hopes to return to the stage.

Speaking on America's Today Show, she told host Hoda Kotb that before her diagnosis she was taking copious amounts of diazepam, sold under the name valium. Celine said the drug helped her to relax her whole body in order to perform on stage before adding she was unaware of the consequences.

In her first TV interview since her diagnosis, she admitted: "I did not know, honestly, that it could kill me."

The 56-year-old told how, over the years, her body became so acclimatised to the dosage that after 20 minutes, she would need to take more. She said: "You get used to it. It doesn't work."

She admitted the daily amount of diazepam she was taking was enough to "kill you", adding that eventually, along with the help of doctors, she weaned herself off medications – "especially the bad ones" – during the pandemic.

Celine said: "I stopped everything



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# **UP ON RARE MUSCLE CONDITION**



because it stopped working." Her taking of the drug coincided with the period in which her husband, Rene Angelil, was fighting for his own life with throat cancer.

He died in 2016 and Celine said: "I had to hide. I had to try to be a hero."

### **STIFFNESS**

On her decision to publicly reveal her own health battle, she explained: "Lying for me, the burden was too much – I could not do it any more".

Despite her condition, which causes progressive muscular stiffness, Celine has vowed to return to touring.

"I'm going to go back on stage, even if I have to crawl. Even if I have to talk with my hands. I will. I will. I am

Celine Dion because today my voice will be heard for the first time, not just because I have to or because I need to. It's because I want to. And I miss it."

In another interview with People magazine, the mum of three told of the toll the condition has taken.

She said: "I was going down, down, down. It took my whole life. But it's like if my kids are rollerblading, for example, and one of their ankles is hurting. They don't want to tell me because I'm going to say, 'Well, take a break from rollerblading'.

"I didn't want to stop. I wanted to stay on stage. I wanted to be brave instead of smart. That was wrong."

While there is currently no cure for her condition, Celine says her diag-

nosis brought relief to her family. She said: "I let them know, 'You lost your dad. Mom has a condition, and it's different. I'm not going to die'.

"By knowing what I'm dealing with, it takes away a lot of weight and burden. It did the same for my kids."

Celine has documented her battle in a new film for Prime Video, called: I Am: Celine Dion, to air on June 25.

A video from her 2008 tour shows Celine telling her doctor: "My main problem is my neck. I cannot relax it, so I cannot relax my vocal chords, so I cannot vocal exercise well."

Later she says: "My main problem is not that I can't do the highs, I'm spasming, my eyebrows are spasming, my ears. I tell you, I'm gonna flip soon."

The documentary shows her telling her team that she was feeling out of breath after a concert.

She added: "By the time I went to the meet and greet my breathing was too rapid, I spasmed up too much, I couldn't finish a phrase.

### **STRUGGLING**

"The show had not started yet. I was saying hello to people, and I couldn't breathe, so I went on with the show.

"And when I sang I Drove All Night for the first time it was [out of tune]. Yesterday night, after doing everything, I was spitting out mucus."

Later, while in a huddle backstage with her dancers, Celine, who is visibly struggling, is seen telling them: "I don't have a voice." However Celine's surprise appearance at this year's Grammy awards has given her fans hope that she is starting to deal with her condition.

She presented Taylor Swift with her Album of the Year Award before the stars embraced each other backstage.

Celine received a standing ovation from the A-list crowd in Los Angeles in February when she presented the final gong of the night.

final gong of the night.

She told them: "Thank you all, I love you right back. When I say that I'm happy to be here, I really mean it from my heart."

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DIARY: PAGE 25

# **EXCLUSIVE** BY **Paul routledge**

t isn't just a building. For generations, it has been the beating heart of trade unionism in Britain. Historic events, such as the emotional end of the miners Strike For Jobs in 1985, took place within its walls.

Outside, a giant bronze Bernard Meadows statue of a worker representing the strong helping the weak, inspired all who passed beneath into hallowed ground.

Congress House, headquarters of the TUC in Central London, was a familiar landmark, on our TVs night after night with news about strikes.

And now it's up for sale, put on the market by cash-strapped union bosses who cannot afford the £20million desperately needed for a revamp of the block that officially opened in 1958.

The TUC general council, its ruling body, voted last weekend to sell the headquarters where their forebears took decisions that sometimes shook the nation.

The steel, glass and Cornish granite-faced

A sad For Sale sig

statue, and a Jacob Epstein figure of a woman holding her dead son, a tribute to the trade union dead of two world wars, in

> the courtyard. The projected sale comes as membership of

trade unions, and hence affiliation fees to the TUC, continue to fall to a post-war nadir.

From a high of more than 12 million in the 1970s, numbers have dropped to little more than half that. Staff at the TUC now fear an

uncertain future.

There is unhappiness that unions giving money to Labour cannot find the cash to save this historic HQ.

"The Epstein statue alone must be worth more than £20m," says one source.

Congress House, run by a succession of general secretaries - George Woodcock, Vic Feather and Len Murray – who became household names, was the scene of many peace deals.

It was where union leaders went to

get themselves off the hook of action they had started but could not stop.

"

The Epstein statue must

be worth

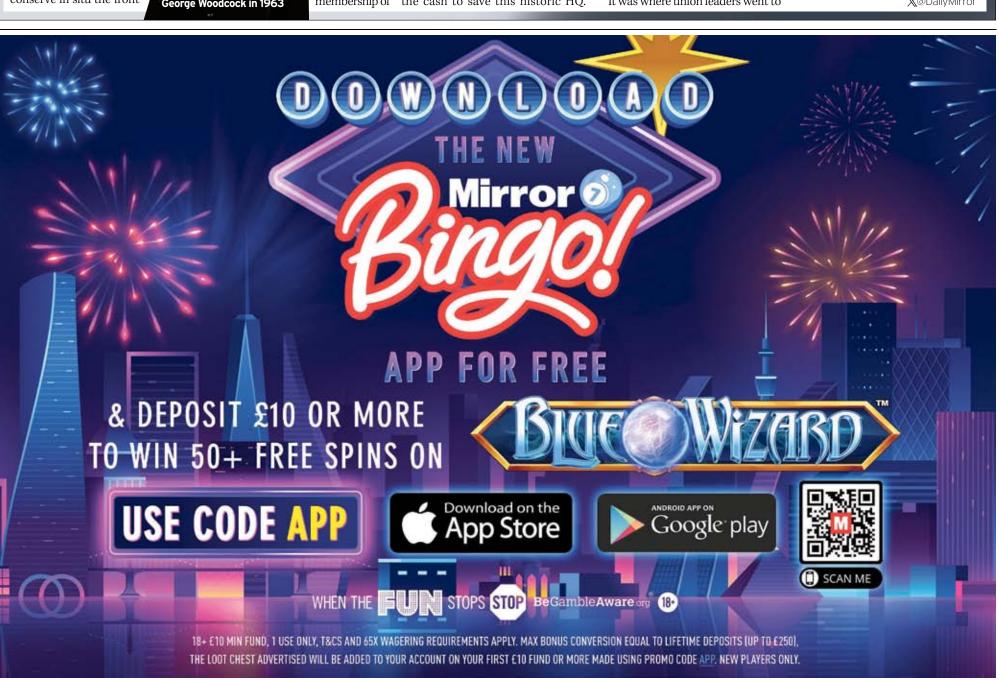
more than

£20m alone

TUC general secretary Paul Nowak called the decision to move "an incredibly difficult one" but added it was in the movement's best interests.

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edifice on Great Russell Street sits on one of the most desirable real estate plots in the capital. But it is a Grade II\* listed building and potential developers might be RALLYING CRY TUC put off by the need to conserve in situ the front



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### An estate agent showing prospective tenants around a flat finds a drunken Bobby Davro in bed with Les Dennis...

No, it's not the setup for one of the pair's jokes - it genuinely happened. The pair had a particularly heavy night, and ended up sharing a bed together, though Bobby notes on the My Dirty Laundry podcast: "I don't like sharing my bed too much, especially with a big hairy-legged man.

The pair sat up in shock when the estate agent let himself in, and assured their impromptu audience: "It's not what it looks like!" It's an unusual selling point should the flat go on the market - and almost certainly deserving of a blue plaque.



# THE DIAR

with Ashleigh Rainbird



# Denise's joy as Matty is

He broke **Taylor Swift**'s heart and left her Down Bad just a year ago – but now The 1975's Matty Healy is engaged to wed.

The rocker's mum **Denise Welch** confirmed on Loose Women yesterday that Matty proposed to his girlfriend of

nine months Gabbriette Bechtel a few weeks ago, with a £10k black diamond he designed for her.

The couple had revealed their news on social media while attending pal **Charli** 

on the secret now the pair had gone "Instagram official". "I couldn't be more thrilled," she said. "She is from LA, she is absolutely gorgeous. She is everything that I would want in a daughter-in-law." Matty's dad is Benidorm star **Tim Healy.** 

Gabbriette is clearly having more luck with Matty than Taylor did in their fortnight long relationship.

It left Taylor so heartbroken she wrote half her The Tortured Poets Department album about

him, including I Can Do It With A Broken Heart, But Daddy I Love Him and I Can Fix Him (No Really I Can).

Although Taylor got a global best-selling album out of it, so she did all right out of it, herself.

Taylor, now dating Superbowl winner **Travis** Kelce, has assembled a new "girl squad" in the UK ahead of her Liverpool gig tonight which

includes Kate Moss, Stella McCartney, Cara Delevingne and Phoebe Waller-Bridge, who all had a bash together in London earlier this week. Denise's invite must still be in the post...

XCX's show in New York -Charli is engaged to Matty's bandmate **George Daniel**. "I have known for a few weeks that Matty got engaged," gushed Denise, adding that she was finally allowed to spill

Terrible night in his **Carr** 

A bit of nominative determinism dictated where Alan Carr had to take refuge recently.

The comic was forced to spend the night sleeping in his Mini after an extremely unfortunate sequence of events lead to him accidentally throwing his house keys out of a moving vehicle, along with his trousers.

(The short, and sanitised version, is that he believes he contracted a parasitic worm. Don't ask any more questions.)

"I couldn't get in my house - my house keys were in the tracky bottoms," he grimaces. "I had to sleep in my Mini until my neighbours came in.

'I was horizontal like a sarcophagus. It was like laying on an ironing board."

On the bright side, as he regales actor Rafe Spall on his Life's A Beach podcast, he got to see lots of neighbourhood gossip from his car. There's always a silver lining.



What high iinx is







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BAR BOOST BBPA boss Emma McClarkin

BY NATASHA WYNARCZYK

## LOW and no-alcohol beers are now the fastest-growing category.

The British Beer and Pub Association said that by January this year 87% of pubs served at least one brand.

Of these, 8% also serve an additional draught option, compared to just 2% at the end of 2019. Low and no-alcohol drinks command a nearly 3% volume share of the UK's total market and continues to grow exponentially, it said.

Typically the lower-strength options are healthier and contain fewer calories.

According to another report by hospitality industry researcher KAM Media, one in three adults visiting a pub or restaurant do not consume any alcohol.

And 31% of customers said they had left a venue early and/or were



### the movie Paddington in Peru. A trailer for the third in the series of films shows her as the guitar-playing Reverend Mother trying to help the bear find his Aunt Lucy Banderas also stars as in the rainforest. villain Hunter Cabot. Hugh Bonneville plays Paddington In Peru patriarch Henry Brown opens in cinemas on alongside Emily

OLIVIA Colman has a habit of landing Mortimer with Madeleine Harris as top roles, and here she is as a nun in youngsters Judy Brown and Samuel Joslin as Jonathan Brown, who travel to Peru from their home in London with Paddington. Ben Whishaw voices the cuddly bear and Antonio November 8.

# BOOZER

# 87% of pubs have no-alcohol beer as market is now fastest-growing

Number of pubs in the

beer option on draft

UK that have no-alcohol

poor "low and no" options.

category is the fastest growing beer

category and one that is appealing to a whole new cohort of pub goers, which is great for the sector."

The BBPA supported a consultation published by the Government last year on changing the definitions currently used for low and

disappointed by their visit because of no-alcohol drinks. The UK threshold for alcohol free, 0.05% ABV, is the lowest in Emma McClarkin, Chief Executive of the world – compared to the vast the BBPA said: "The low and no-alcohol majority of markets, which define alcohol free as 0.5% ABV.

According to non-alcoholic spirit brand CleanCo, 19% of Britions said they were ʻsober-curious" in 2023, meaning they are re-examining their relationship with booze and cutting back.

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# **1,000** footie pitches lost

football pitches have been lost under Tory rule.

The GMB union found 846 fewer local authority owned or operated pitches last year than in 2009/10.

Another 80 pitches had been closed, meaning at least 926 pitches had gone – 271 in Scotland alone – according to their Freedom of Information requests.

The Tories said they had provided £1billion to protect the grassroots, and professional sport and leisure sectors.

# Second man denies felling famous Sycamore Gap trée

A SECOND man has denied illegally felling the world famous Sycamore Gap tree and damaging Hadrian's Wall.

Groundworker Adam Carruthers, 31, of Wigton, Cumbria, wearing a black hood, balaclava and sunglasses, strode past photographers waiting outside Newcastle crown court.

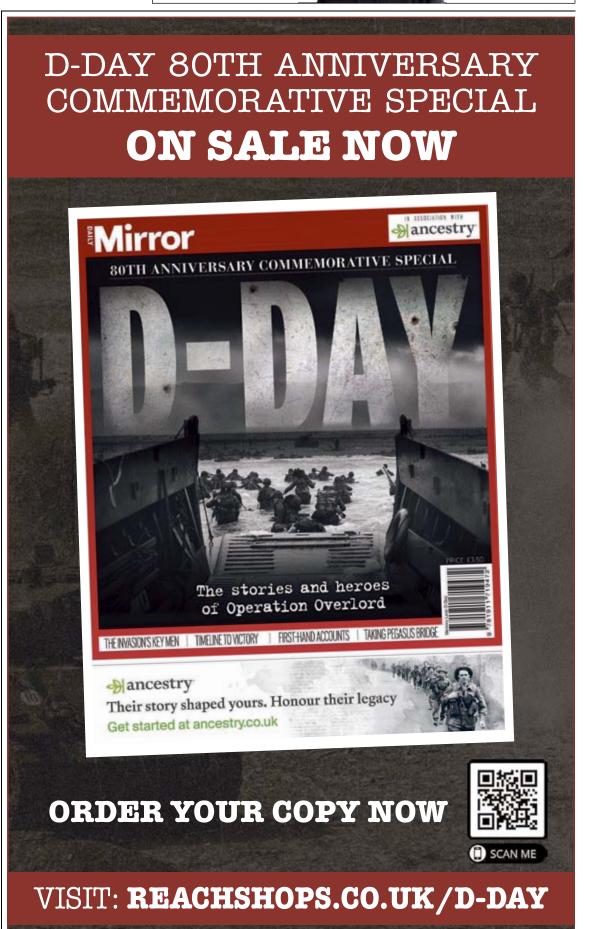
He denied criminal damage to the tree, valued at £622,191

**ACCUSED** Adam Carruthers

and a second charge of criminal damage to the Unesco World Heritage Site at Hadrian's Wall valued at £1,144, on

September 28 last year.

Co-accused and fellow groundworker Daniel Graham, 38, of Grinsdale, Cumbria, who denied the same charges had been "unavoidably detained" and did not attend. Their trial is set for December 3. Their bails were extended.



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We've teamed up with Iceland and The Food Warehouse to offer £5 off when you spend £25 or more in-store from Thursday 13th June until close of stores on Monday 17th June.

Kick off the Euros with a big back of the net deal, 2 large Chicago Town pizzas, Budweiser 4 pack or 2 3L bottles of Pepsi, all for just £10, saving you up to £4.50.

We know families want to give back to their Dads this Father's Day and Iceland and the Food Warehouse are making it easier than ever to show the father figure in your life that you care, with exclusive brand deals like TGI Fridays 2 mains, 2 sides or desserts for just £10 and unmissable value across its deals, where you can get 2 Big Daddy Sirloin or Rump Steaks for just £10.

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Nightingale's lock of hair is

a snip at £3k

BY LUCY THORNTON

A LOCK of Florence Nightingale's hair is tipped to reach up to £3,000 when it goes to auction.

The piece of The Lady with the Lamp's locks is believed to have been cut in 1883, when she was 63.

It was given to the nursing pioneer's sister Frances Parthenope and passed down through husband Sir Harry Verney's family.

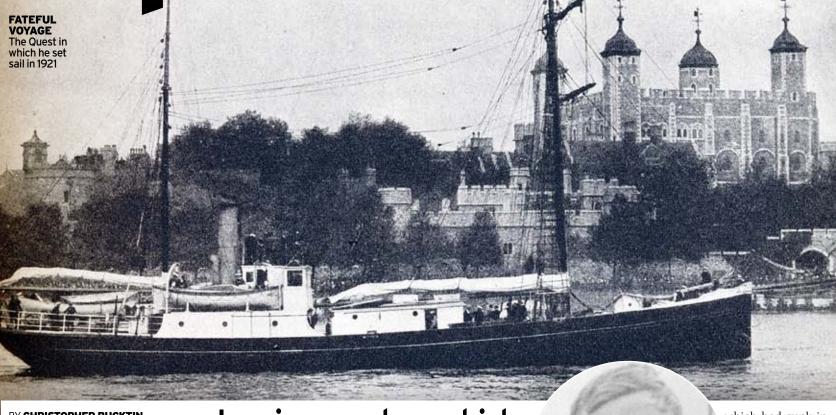
It will be sold with an example of her signature and copies of the Order for the Burial of the Dead, published for her funeral. and The Book of Job inscribed: "Henry Verney from Miss Nightingale Embley April 1862."

Auctioneer Iane Tennant said: "She remains an inspiring figure today."

It will be sold on July 13 at Tennants Auctioneers in Leyburn, North Yorks.







BY CHRISTOPHER BUCKTIN

THE ship on which explorer Sir Ernest Shackleton made his final voyage has been found.

Wreck hunters located Quest at the bottom of the Labrador Sea off the coast of Newfoundland in Canada.

Shackleton was aged 47 when he suffered a fatal heart attack on board on January 5, 1922 while trying to reach the Antarctic.

A Norwegian company acquired his ship, which was involved in a series of expeditions until May 5, 1962, when it was damaged by ice on a seal hunting trip and sank. All of the crew survived.

The Shackleton Quest Expedition, led by the Royal Canadian Geographical Society, said yesterday the schoonerrigged vessel was found "intact" lying at a depth of 1,280ft.

Wreck searchers used sonar equip-

Iconic vessel on which he died at 47 is located

 $ment\ to\ aid\ the\ discovery, which\ falls\ in\quad history;\quad an\quad iconic$ the 150th year after Shackleton's birth. Expedition leader John Geiger, of the

RCGS, said: "Finding Quest is one of the final chapters in the extraordinary story of Sir Ernest Shackleton.

"Shackleton was known for his courage and brilliance as a leader in crisis. The tragic irony is that his was the only death to take place on any of the ships under his direct command."

Martin Brooks, of British expedition and apparel company Shackleton, said: The finding of Quest is an important new chapter in the story of polar

vessel, she marked the end of the heroic age of polar exploration. It is courage Ernest Shackleton an honour to have supported this historic discovery."

Search director David Mearns said of the ship: "She is intact. Data from highresolution side scan sonar imagery corresponds exactly with the known dimensions and structural features of this special ship. It is also consistent with events at the time of the sinking."

In 2022, a British-led expedition located his once-lost ship Endurance, which had sunk in the Weddell Sea in 1915 after becoming stuck in pack ice.

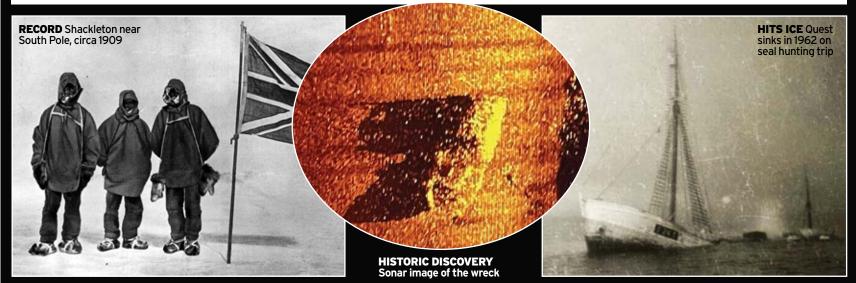
The British-Irish adventurer is celebrated for his brave exploits in Antarctica at a time when very few people had dared to visit the frozen wilderness.

"His final voyage kind of ended that heroic age of exploration, of polar exploration, certainly in the south," added Mr Mearns.

"Afterwards, it was what you would call the scientific age.

"In the pantheon of polar ships, Quest is definitely an icon.

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# **CORDLESS**

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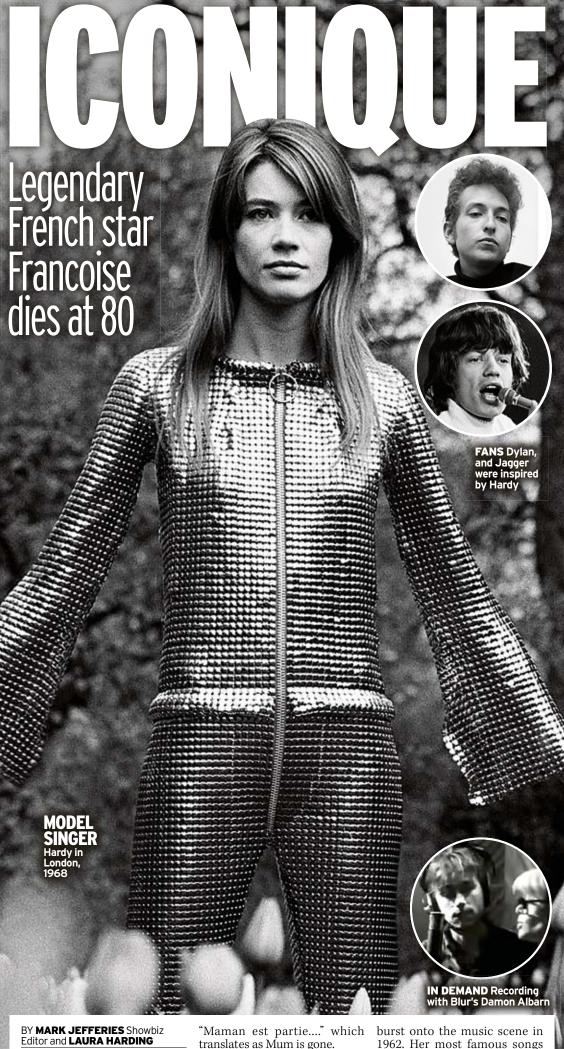
- Flexible Adjust the height from 95 to 115cm at an angle that can be adjusted by 90 degrees
- Cordless Not a cord in sight, just a 20V high performance lithium ion battery
- Pro performance With an edge guide, stablising handle and 26cm cutting width, you can save money on contractors and easily do the work yourself
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FRANCOISE Hardy, the 60s icon who inspired legends such as Mick Jagger and Bob Dylan, has died aged 80.

The French singer, actress and model, once described by the Rolling Stones frontman as the "ideal woman", lost a long battle with cancer.

Her son Thomas Dutronc broke the news.

Alongside a photo of himself as a baby with his mother, he wrote:

translates as Mum is gone.

France's culture minister Rachida Dati said: "How to say goodbye? Eternal Francoise Hardy, legend of French song, who entered, through her sensitivity and her melodies, into the heart of an entire country.

Hardy was born in 1944 in Nazi-occupied Paris, one of two daughters to a single mother.

In the 1960s women around the world imitated her androgynous style. She

1962. Her most famous songs included All the Boys and Girls and My Friend the Rose.

Hardy's biggest UK hit was All Over The World. Last year, Rolling Stone magazine described her cover of Leonard Cohen's Suzanne as "the most evocative ever recorded, his included".

In March 1995, Blur re-recorded To the End with Hardy. She had her only child Thomas with French singer Jacques Dutronc.

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# RIDE NOD FOR CANCER FIGHT

# EXCLUSIVE BY LUCY LAING

partygoers sang happy birthday to five-year-old Teddy Lichten cheers rang out throughout his village.

It was thanks to the generosity and fundraising efforts of the close-knit community of Hassocks in West Sussex that Teddy could enjoy his first-ever birthday party.

The little lad has spent his life

fighting an aggressive childhood cancer which his devoted parents Katherine and Alastair, both 35, feared he might not beat.

Teddy, the boy with the irresistible smile, won villagers' hearts and they helped raise the £250,000 he needed for lifesaving treatment in the US.

Marketing campaign manager Katherine says Teddy is now looking forward to a future with his family.

She says: "We had the most incredible day on Sunday. To have Teddy with us celebrating his birthday was something that we had only dreamed about. We can't thank the people who helped to pay for his treatment enough."

And the icing on the birthday cake for Teddy was discovering he has

now been nominated for a Pride of Britain award. Katherine says: "We are thrilled that Teddy has been nominated and we hope it will highlight the plight of all children going through this terrible cancer."

eddy was diagnosed with neuroblastoma in July 2022. Community engagement officer Alastair had been taking him to the doctors for months due to toileting accidents and infections. In June, he was crying in pain so Alastair took him to A&E. They got antibiotics, which didn't work.

discharge him again when, luckily, one doctor walked past when he was taking a wee and he was crying that it hurt. The doctor sent him for an ultrasound scan."

It revealed a mass in Teddy's abdomen which was a stage-four neuroblastoma. Katherine says: "They told us his chance of survival even with treatment was only 40%. We were in complete shock, we just couldn't contemplate

Brave Teddy had to endure aggressive chemotherapy, three stem cell transplants, radiotherapy and six months of immunotherapy.

Katherine says: "He had 18 months of treatment and then finally the scans showed he was all clear. We were so happy to be given that news."

But the relapse rate for neuroblastoma is up to 40% and, if it returns, the survival rate is less than 5%. A pioneering drug in the US, DFMO,

# Brave Teddy has first birthday party... at 5

We can't thank those who helped pay for his treatment enough

So Katherine took him back She says: "They wanted to

losing him."

was Teddy's best chance of preventing a relapse. Katherine says the tumour's position rules out surgery and a few stray cells from the tumour could have made it return.

The people of Hassocks were determined to make the £250,000 US treatment a reality for Teddy and, within 10 months, raised the funds through events, such as cake and car

auiz nights. Katherine says:

was emotional that the whole village stepped up like

Mirror IISB Teddy began the two-year drug treatment in February.

He started school in September and in April the Litchens had their first family holiday, in the New Forest.

Katherine says:

diagnosed, we couldn't even imagine getting to this point."

"He has started running now, although he broke his leg six weeks ago, so that

temporarily halted him, but he's full of energy and like his old self."

She added: "To see him celebrating at his first birthday party, was so emotional. He is so close to his brother Rupert that they never left each other's sides all day."

features@mirror.co.uk 



# MINATE A HERO AT PRIDEOFBRITAIN.COM

HAPPY FAMILY Katherine, Rupert, two, Alastair & Teddy

Blunkett: I n

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# CHILLING DOC



# EXCLUSIVE BY FRAN BOWDEN

ormer Home Secretary David Blunkett has admitted in a harrowing documentary on the Imprisonment for Public Protection sentences he introduced: "I got my part of it wrong."

Lord Blunkett brought in IPPs in 2003,

which were designed for offenders who presented a significant risk, but whose crime did not warrant a life term.

Forming part of Tony Blair's "tough on crime, tough on the causes of crime" strategy, after serving a minimum term, inmates could be considered for release.

But the sentences had no definitive end date and prisoners were released on a 99-year licence, effectively meaning they had a lifelong period of recall.

The IPP sentence was designed to bury you alive," says one inmate, in the film Britain's Forgotten Prisoners.

"My tariff was two-and-a-half years. I've spent 10 years and four months in prison," says another IPP prisoner.

"What the prison service is doing to me is inhumane," says a third.

In an exclusive interview ahead of the premiere at Sheffield DocFest tonight, Lord Blunkett, a tireless campaigner to improve the plight of IPP prisoners, told the Mirror: "It's important for people in the political arena to show we are not saints and we do get things wrong.

"And it's really important to recognise when that's happened and to try to do something about it."

In the expose, made by award-winning filmmaker Martin Read, Shirley Debono, whose son Shaun was sentenced to two-and-a-half years and an IPP for stealing a mobile phone, recounts her crusading work.

Shaun was released after nine years in 2014, FIGHT FOR but recalled three times but recalled three times Debono, right

for a crime, and has served 13 years She says: "I realised it was a life sentence through the back door."

Describing IPPs as "meant for paedophiles, rapists and terrorists", Shirley says: "I call this the biggest miscarriage of justice in

British history." Shaun, fearing he is going back to prison again, says: "I think I will kill myself. I feel like I'm a burden on my mum. If I was to commit suicide, I think it would break her heart.

'The IPP is just a big dark black cloud hanging over us all."

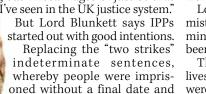
UN torture expert Dr

Replacing the "two strikes" indeterminate sentences, whereby people were imprisoned without a final date and without access to courses or therapy to help with rehabilitation, he hoped IPP inmates would be given these opportuni-SEEKING REFORMS Lord Blunkett is candid on errors

ties, so they could show

says: "This is one of the most egregious miscarriages of justice that mist min beer lives were wou

pris look with



Crime: Street robbery

months - served 9 ye

4 years. Current stat

unbearable. I cannot I

# **MENTARY ON TARIFF SCAND**

eed to fix what I got wrong 'Buried alive for life' under justice system



Parole Board they had changed and e safe for release.

ord Blunkett adds: "I made one big ake, which was not to lay down a imal period on what would have a fixed sentence."

ne intention was to help "to turn around". But he says: "Resources en't put in from 2005 onwards.

ord Blunkett had also intended IPPs ld be applied to a small pool of oners, who would otherwise be ing at terms of eight to 10 years. practice, judges issued them widely, tragic consequences. Lord Blunkett

"Then licence requirements were

extended, so we ended up with people on licence for a very long time. It's like a Sword of Damocles hanging over your head and obviously affects the way you see yourself and the world."

ast year, 1,666 IPP prisoners were recalled to jail. More than 90 have died by suicide in prison, and 33 took their lives in the community between 2020 and 2023.

In 2012, the IPP sentence was abolished by then Justice Secretary Ken Clarke. But this made no difference to 8,711 prisoners who were serving an IPP sentence, rather than 700 or 800 Lord

Blunkett had anticipated. PM David Cameron was unwilling to consider resentencing existing IPP prisoners, who have to sustain 10 years in the community before they are eligible to have the licence removed.

There are still just under 3,000 people serving an IPP term without a release date, around 96% of IPPs have completed their minimum sentence and nearly 650 have been held in prison for 10 years longer than the tariff they were given.

In 2021, the House of Commons Justice Select Committee advised resentencing all IPP prisoners, but in February 2023, Justice Minister Dominic Raab

rejected the recommendations. In April last year, new Justice Secretary Alex Chalk condemned IPPs as "the greatest stain on the justice system," agreeing to look at the time required in the community before a licence is removed.

Lord Blunkett finally celebrated achieving reforms hours before Rishi Sunak announced an election on May 22. He says: "We got an enormous reduction in the licence period from 10 to three years, which goes down to two for those who were sentenced as juveniles.

We got a completely changed action plan with a progression board and panel that will monitor three monthly reports

to ministers and an annual report to parliament. And we genuinely made progress in input being put through the arole Board into looking into cases."

Lord Blunkett hopes a Labour government will mean positive change for the criminal justice system. But he says he will fight to right the wrongs caused by IPPs whoever wins the election.

We don't always get the opportunity in helping to put right what we contributed to getting wrong," he says.

■ Britain's Forgotten Prisoners is on at Sheffield DocFest today and tomorrow.

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# FE live it well



With experts predicting another hot summer, sweaty nights and disturbed slumber are on the cards. Mernie Gilmore tests the latest products designed to help you drop off as temperatures rise

alking about the weather is a national pastime - and we'll always complain about a washout summer. But when we do eventually enjoy some warmer days, they often come with an unwanted side effect - poor

sleep.
"Balmy temperatures can make getting to sleep and staying asleep more difficult," says sleep counsellor Thomas Hoegh Reisenhus (uk.tempur.com).

And this can have a serious impact on how we feel.

Sleep is a vital part of the body's ability to rest, repair and recharge, so poor sleep is detrimental to physical and mental health, impacting everything from mood to immunity."

Luckily help is at hand.

From relaxing sprays and cooling pillows to super-quiet fans and frozen eye masks, we've tried out products that promise to put you in snooze control all summer long.

# Luff Bamboo Silk Bedding, from £49.99. luffsleep.com What is it: This

bedding is made from bamboo, a naturally breathable fabric that is eco-friendly and sustainable too. Verdict: The sheets have an

impressive 700 thread count, meaning they are smooth almost to the point of feeling slippery. Cool to the touch and very luxurious - like sleeping in a hotel bed.

### **Ostrichpillow Hot and Cold** Eye Mask, £39, ostrichpillow.co.uk What is it:

This uses thermal



Verdict: Super-simple to use and stays cool for ages – certainly long enough to fall asleep. The gentle pressure felt a bit like a weighted blanket for the eves, which was

the clay beads before use.

relaxing, and it blocked out light successfully too.

### **Damart Climatyl Cropped** Pyjamas, £27, damart.co.uk

What is it: These cooling pyjamas are made from a high-tech light and

floaty fabric that promises to keep you cool during the warmer months.

**Verdict:** The fabric is really lightweight and soft, making it perfect for summer. However, it also provides enough coverage to keep you warm if temperatures drop overnight.

### **Hemsley Organics Sleep Well** Collection, from £26, hemsleyorganics.com What is it:

Containing a blend of relaxing essential oils, this trio of products - facial oil, scented balm and pillow spray - are designed to promote good sleep.

Verdict: Luxurious to use, these smell  $\,$ divine and were perfect for creating a calming bedtime ritual. Bonus points for the facial oil, which left skin soft and hydrated in

### **Silentnight** Restore Cooling Copper Pillow, from £29.74, sleepypeople.com

the morning.

What is it: Part of Silentnight's new Restore collection, which was developed to support women going through menopause, this is made from a cooling fabric that's infused with antibacterial copper.

Verdict: This definitely felt cooler than a regular pillow, even when inside a pillowcase. Ideal for warmer nights - every time you turn it over you can cool down.

# **Groov-E Serenity Sleep Aid** Machine, £22.61, Amazon

What is it: Featuring six different soothing sounds, including ocean, rain and white noise, this clever rechargeable device also works as a nightlight and has a sleep timer.

**Verdict:** Yes, you could find similar sleep-inducing sounds on YouTube, but this means you don't have to fiddle about with your phone and be exposed to blue light, which then keeps you awake. The white noise was particularly effective at blocking out background sounds



### Simba Hybrid Mattress Topper, from £219, simbasleep.com

What is it: This mattress topper comes with some serious cooling tech, including microsprings and ventilated "open cell" foam, which is infused with graphite to draw heat away from the body. **Verdict:** This made an old

mattress instantly comfortable and luxuriously soft. It was much cooler than traditional memory foam and considerably cheaper than buying a new mattress.

# Duux Whisper Smart Fan, £169.99, duux.co.uk

What is it: This has been Quiet Mark approved, meaning it makes minimal noise. Remote controlled, it's adjustable in height and oscillates horizontally and vertically to send air wherever you want it.

**Verdict:** Even at top speed this is surprisingly quiet, making it perfect for night time use. It has an innovative wind function too, which mimics natural air flow.



# Edited by HANNAH BRITT

Boho is back

each for your coin belt and tiered skirt because, in case you haven't heard, boho is back! Yes, the look that characterised the mid-

mirror.co.uk

Noughties is everywhere once more. The hippie-chic aesthetic had been making its way back to the mainstream for a while.

Then in March, Chloe's new creative director, Chemena Kamali, sent models down the runway wearing sheer dresses, frilled skirts, fringe and lashings

And sitting on the front row was none other than the princess of boho herself, actress Sienna Miller.

While the Chloe looks won't be around until autumn/ winter, you can already bag boho buys for summer on the high street. Think smocked tops, baggy jeans, ankle boots, tassel scarves and suede.

> Embroidered tunic dress, £4, Bonprix at Freemans: boots. stylist's own

Printed cotton mini dress, £31.99: bag, £20, all

> Patchwork maxi skirt, £50; waistcoat, £35; andals, £55; bag, £38, all River

Embroidered ieans, £75: sandals, £89, all And/Or at John Lewis

dress, £160, East; accessories stylist's owr

Bridget

embroidered

Left:

Jacket, £28; vest, £7; jeans,

£20; right: dress, £22, all George

at Asda



Precious bloom earrings, £69, Kate Spade



Pink Reef crystal earrings, £150, Wolf & Badger

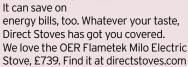
£4.80 Claire's

# **TOP** of the **SHOPS**

Top of the shops **Hannah Britt** reveals what's hot to shop this week

# HOME

Research shows that a wood burner adds value to your home, somethina experts put down to the feelings of comfort it brings.



# **BABY**

Compact yet spacious: check. Lightweight and easy to fold: check, High quality, luxury fabric: check. The Junior Jones Aylo Stroller, £699,

ticks all the boxes, making it a no-brainer for new parents in search of a stylish and practical pushchair. Fully reclinable, it's suitable from birth to four years. Visit juniorjones.com

# **FATHER'S DAY**

Treat the father figure in your life to the Cotswolds Signature Single Malt. £49.95. this Sunday, A deliciously rich and fruity whisky, the first hailing from the Cotswolds, it



has notes of honey, marmalade and dark red fruits. Shop online at thewhiskyexchange.com or find it at your nearest Waitrose store.

# **ONES**

For each pair of their school shoes sold, Hush Puppies will donate 10p to animal charity Dogs Trust. Made to last, its shoes come in junior and senior sizes, and in matte and patent. We love the cute little stars on the Sabrina design, £59. Visit hushpuppies.co.uk to find more.

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they don't go green or tarnish. And the best bit? Most items cost less than £50. We love these Hammered Hoops, £40. Shop at byraejewellery.co.uk



earrings, £25 Phase Eight











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G1700F*	1700W	22	£249.00	£298.80	L
G1200D	1100W	12.4	£279.00	£334.80	U
G2000D#	1800W	20	£389.00	£466.80	•
G3500AF#	3400W	35	£359.00	£430.80	
G2200A	2200W	26.6	£429.00	£514.80	
G4000	3800W	57.4	£969.00	£1162.80	









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## DEAR COI

#### Dear Coleen

My daughter is 29 and lives 70 miles away with her partner and their daughter, who's a year old. My problem is, she treats me like an irritating relative whom she doesn't like much but has to put up with.

She's an only child and, when she was growing up, my husband and I worked hard and made huge sacrifices to give her everything she could possibly need or want.

I'll admit she's probably been spoiled in certain respects and we seem to be paying the price. She ruled the roost when she lived at home and we often ended up walking on eggshells to avoid a meltdown.

She has little respect for me or her dad, and still talks to us like she's an angry teenager. When I call because I love her and want to know how she is, she acts like I'm interfering.

We've been to visit them a few times since our granddaughter was born, which has been OK, but my daughter has never come to see us. It's got to the point where I've given up trying to plan things with her.

I don't know what we've done wrong for her to be this unkind. Everything always has to be on her terms. While we like her partner a lot, I don't know why he won't stand up to her. I'm sure he'd appreciate us being more involved.

thing to do, but perhaps you should back off a bit and give her some space to think about things. You've always been there for her and been such a huge part of her life, but maybe she's

trying to stand on her own two feet.

It's just a theory, but I bet if you did back off, she'd miss your phone calls and start calling you. Sometimes you have to give people the

think about the relationship. As long as she knows you're always there if she needs you.

Also, as you know yourself, It's tricky because I don't that first year of motherhood is want to rock the boat too much really hard. You have to hit the

partner, why not check in with him to make sure they're OK and to get his thoughts? He could be a good ally and help you have a better relationship. I know I bang on a lot about

writing letters, but they really can work wonders in a situation like this.

You get to say what's in your heart and, unlike talking face-to-face, you don't have to worry

opportunity to miss you and to about the other person taking things the wrong way and storming off. Remind her you love her, you're there for her and her family, and then give her some space to think about what you've written. Good luck.

#### in case she stops us seeing our ground running, you're granddaughter. I'm at a loss. exhausted all the time from sleepless nights and it's a lot to Coleen says get to grips with. If you get on well with her This will probably seem a hard

Scared she

seeing our

might stop us

granddaughter

Be kind to yourself and stop wasting your energy in situations and relationships where you don't feel valued. It's OK to move on from things and from people who don't recognise your worth and give something back to you.

Coleen Nolan about them and she'll give you an honest answer... every weekday in the Daily Mirror

**EMAIL:** dearcoleen@mirror.co.uk - sorry, but Coleen can't reply personally WRITE TO: Coleen Nolan, The Daily Mirror, One Canada Square, London E14 5AP



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The Thursford Christmas Spectacular is the biggest Christmas show of its kind in Europe! Set in the magical surroundings of a lavishly decorated auditorium with thousands of twinkling lights, festive decorations, mechanical organs and fairground carousels, this celebration of the festive season delivers an extravaganza of non-stop singing, dancing, dazzling costumes, music, humour and variety from a cast of over 120 professional singers, dancers and musicians. Featuring an eclectic mix of both seasonal and year-round favourites, with famous chart toppers being performed alongside traditional carols, this is a veritable treat for the senses!

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Single supplement £60

Please note that lunch will replace dinner when an evening performance of the Thursford Christmas Spectacular has been booked (some dates may be a matinee performance).

## CHRISTMASTIME WITH ANDRÉ RIEU

LIVE IN MAASTRICHT



#### Departs 14th Dec 2024

The King of Waltz will return to his hometown of Maastricht in December for a magical, fun-filled and Christmas-themed afternoon! With his 60-piece Johann Strauss Orchestra, world-famous repertoire of romantic waltzes and a witty showmanship like no other, André Rieu continues to dazzle audiences with his legendary homecoming concerts.

In one of his most lavish settings to date, an enchanting winter wonderland is recreated with snow, two ice rinks, sparkling lights, 150 stunning chandeliers and over 50 Venetian candelabras. Soak up the special atmosphere and sing along to famous Christmas songs and carols such as *Holy Night, Sleigh Ride* and *Jingle Bells* during this truly memorable concert. We combine this ultimate home-coming with a visit to a magical Christmas market – the perfect way to get into the festive spirit!

#### YOUR BREAK INCLUDES

- Return coach travel\* & ferry crossings
- 3 nights at a selected hotel in Belgium/Germany/the Netherlands (JG3 or JG4 rating) with breakfast
- André Rieu concert ticket (Block L2)
- Excursion to a Christmas market
- Free time in Maastricht

Ticket upgrades available Single supplement £160

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\*Return coach travel from an extensive network of pickup points in England & Wales. Pickup point locations vary and are subject to departure date. Please note that a small number of pickup points will incur a supplement of £15 or £30pp. Operated by Just Go Holidays Ltd. Coach package holidays and short breaks are subject to Just Go Holidays terms and conditions. Your booking is protected by Bonded Coach Holidays (BCH) and the Associatio of Bonded Travel Organisers. Trust Limited (ABTOT); government approved consumer protection scheme. Durs offered subject to availability. Errors and omissions excepted. Prices are correct at the time of print and will be honoured for bookings made on or before 20.06.2024. Prices are per perso based on two people sharing a room. Calls to 033 numbers are free within inclusive minutes packages otherwise standard rates apply. Please see website or call for further details.







## Lets ao trus together

If one good thing could come out of the cozzie livs crisis, it's the news yesterday that one in five motorists are giving up their cars due to rising running costs.

It's been almost eight months since I handed my car keys back and since then I calculate I've sworn at strangers a lot less (but not stopped altogether), helped the planet a bit (except for those two short-haul flights this year... ahem), and saved thousands in loan payments, petrol and insurance after they tried to double my premiums despite never having made a claim.

Even better, I'm no longer a driver of Mum Cabs and The Dark Lord has discovered she has legs.

I do hire a rattley tin box from Enterprise Car Club from time to time - mainly to shunt the detritus of our old life to the tip while we slim down our lives ahead of the planned downsize to London. While most sensible people are escaping the city, like foxes, we're heading to the skyscrapers for better pickings from the bins.

I think it was the sudden death of Dr Michael Mosley last week and knowing only too well the crushing pain his wife is suffering that made me realise I hadn't told my late husband David about our moving plans.

It will be 14 years this month since David died in a motorcycle accident on the local country roads near where he's buried, and I feel guilty that nobody will be around to keep an eye on his grave when we've gone.

Since I got rid of the car, we don't go as regularly, but we still visit him when I hire a car club banger and we bring fresh flowers, TDL drones on at him about her latest gaming project, and Bozza relieves himself on his headstone.

Then I thought about how graves in Ireland have ornamental silk flowers and are covered in tiny green glass chippings, which keeps everything

So I decided to do the same here and ordered him a luxury silk bouquet of pink and cream roses, which I'm hoping will withstand the vagaries of the English weather when we're not around.

It also made me admit to myself about how lonely it's been for TDL and I over the last 14 years without him.

I caught up with a local school mum friend recently who was thrilled when I told her about our London plans. Then she added quietly: "Because David isn't here any more, you know.

'It is time to move on."

■ Email me at siobhan.mcnally@mirror.co.uk or write to Community Corner, PO Box 791, Winchester SO23 3RP.

Please note, if you send us photos of your grandchildren, we'll also need permission of one of their parents to print them... Thanks!

Yours, Siobhan

#### INSTALLING BRITISH SUMMER



Installation failed Error 404: Summer not found Summer is not available in your country Please try again



'This is my Westie Max - or Mad Max - with his late best friend, Alfie the goldie," writes Linda Connolly in Romiley, Greater Manchester.

Now nearly 10, Max has been with Linda since he was 17 weeks old. "He was an unwanted Christmas present but very much wanted by me," adds Linda.

"Max knew Alfie for years, but at first he was too jumpy for him, then



finally they became friends and soon loved each other's company on days out. Sadly we lost Alfie last November, and Max is still sad and looks at other goldies thinking it's his friend.

■ We love a doggy of the day. Send your paw-traits in to me at siobhan.mcnally@mirror.co.uk

## This green and pleasant land

Climate change charity Possible asked these drivers in Oxford to give up their cars for three weeks to discover the benefits and barriers to going car-free. If they can do it, maybe you can too?

"I LOVED NOT DRIVING MORE THAN DRIVING - AND HAVE GIVEN UP MY CAR," SAYS JAMES MARSHALL, 31

I used to drive for about an hour every day before the car-free challenge, mainly due to my irregular work schedule.



I grew up in an area with poor public transport so I learned to drive as soon as I could.

The challenge forced me to admit how much I was contributing to emissions - not to mention the bad mood I'd get from being stuck in traffic. It wasn't as hard as I thought it would be, and in fact, I loved not driving more than I loved driving. I began chatting to colleagues on the bus to work and discovered new areas of Oxford.

The downside was the unreliable bus service, which meant I was often nervous about being late to work. There needs to be more investment in public transport and the benefits that would bring are immeasurable.

Just after the challenge, my car failed its MoT. I could have got it fixed but I realised I didn't need it as much as I thought.

Now I walk, cycle, or scooter instead of driving.

"I SAVED SO MUCH MONEY ON PETROL SO I BOUGHT MY OWN BIKE," SAYS KATE GAFFNEY, 24

I grew up in a small village near Leicester and learned to drive at the age of 17. The buses in and out of the village were unreliable so I had to have a car both to get to work and to see my friends.

When I moved to Oxford and started working in a hospital, I drove there every day simply because it was an easy journey. Driving was also a nice luxury when I wanted to pop into town. I decided to try going car-free as I felt I was relying on it too much.

I also wanted the exercise and the mood boost I'd get from walking and cycling - even though I didn't own a bike. I saved a lot of money on petrol during the challenge, so I bought my own bike. Now I appreciate Oxford more because I cycle through it instead of sitting on the ring road. I only use the car two days a week to visit patients, and the rest of the time I cycle or walk.

MOBILITY ISSUES MEANT GOING CAR-FREE WAS SLOW AND EXHAUSTING," SAYS NICOLE C, 29

I've been on crutches for eight months, so getting around Oxford without a car isn't the easiest thing to do. In the past, I loved to cycle, but I'm also a doctor and work up to 72 hours a week so using public transport wasn't possible with my hectic schedule.

I wanted to challenge myself to go car-free to highlight issues - to policymakers and transport planners - that are faced by people with reduced mobility, especially those who don't qualify for a blue badge. But the car-free challenge was hard, slow and exhausting. Relying on public transport was much more time-consuming than driving and my routine was heavily disrupted, meaning I had fewer opportunities to be active and complete my physio exercises, spend time with friends, or get my work done.

#### There was

Once On the fun they in the Swinging

Oh the fun they had

had a forfeit at a party I was at in the early 1960s, and had to run round a chair reciting this rather risque limerick," admits Sheila Fox from Crawley, West Sussex. "If I got it wrong, I would have to run the other way until I got it right!

'There was a young lady from Wantage Of whom the Town Clerk took advantage Said the Borough Surveyor, indeed you must pay her

You've totally altered her frontage." ■ Send your limericks in to me at siobhan.mcnally@mirror.co.uk. And try to keep them printable!

#### THOUGHT OF THE DAY



People always expect you to be riding around in stretch limousines but I will sometimes

take public transport if it's convenient. And it does surprise people, you see the heads turn. **PAUL McCARTNEY** 

Join in and be a part of our amazing ninate your hero of the day. Whatever is ppening in your life and whatever you're

#### ADVERTISEMENT FEATURE

#### Ryobi's Cordless Patio Cleaner easily removes weeds, moss and grass from your paths and patios

ith Summer now upon us it's time to tackle all those outdoor cleaning jobs that have been neglected over the summer months. But don't let unsightly weeds, overgrown grass, and nasty moss get in the way of your beautiful outdoor

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guard protects the user from any debris. Plus, with the toolless brush changing mechanism, you can quickly and easily switch between different types of cleaning brushes for hard or delicate surfaces, even with aloves on.

And when it's time to put it away, the handle design allows for quick and easy storage, taking up less space in your shed or garage.

Owners of this 18V Cordless Patio Cleaner couldn't be happier! "I was so impressed with the Ryobi ONE+™ Patio Cleaner," says Jenny. "It made cleaning my patio so easy, and Hoved the wire brush that just overgrown grass. I'm so glad I added this to my collection of

buyer).

said: "It's powerful, easy to use, and perfect for keeping my outdoor space looking great." Dave R (verified buyer).

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of cancellation." Registration required for warranty extension f 2-3 years. Saving against RRPs of kit components. ††Free 3 day delivery to GB Mainland only -restricted delivery postcod BT,IM,JE,GY,HS,IV4,KA2,KW,PA,PH4,ZE,TR2. Register within

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John, Verified Purchaser















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## DDAY'S TV

#### with SARA WALLIS



/MERDALE

Belle finds herself locked in and after leaving some food to cook on the hob, she goes for a nap. As she sleeps, a tea towel starts to singe in the kitchen.

Elsewhere, Charles stands over Ethan's freshly dug grave, struggling to make sense of anything. Caleb is dumbstruck when Ruby reveals she wants to turn herself in for the hit and run on Ethan.

Vinny gets flustered at the Woolpack when Gail admits she knows he's a virgin and offers to help.



**EASTENDERS** 

Sharon attempts to attend Keanu's funeral, but it doesn't go well for her.

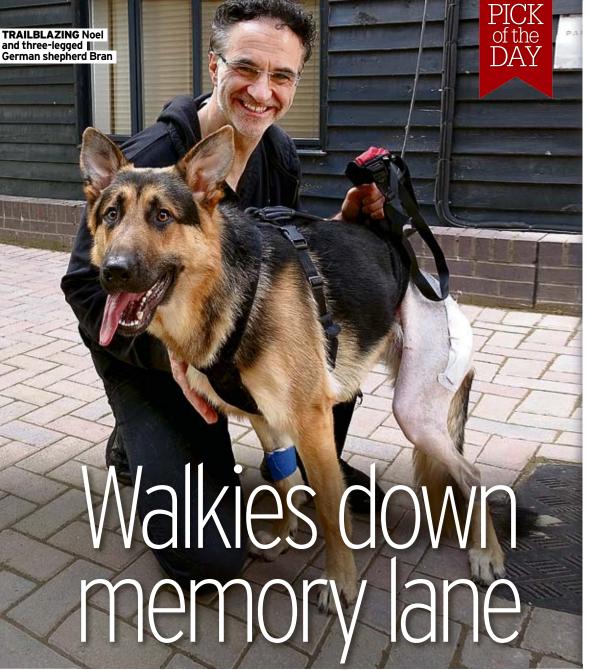
Trying to help out, Kathy and Linda organise a private memorial at The Arches, meaning there is something Sharon is able to go to. But nothing runs smoothly and a big argument ensues. People are starting to ask questions and suspicions are running high.

Elsewhere, Denise finally tells Kim about her breakdown, but she remains closed off when questioned on the real reason behind it all.

#### In the **DAILY MIRROR** Saturday



More TV and film news online at mirror.co.uk/tv



#### Channel 4, 8pm

FROM a three-legged dog to a poorly kitten, here's more animal drama from the nation's top vet.

**NOEL FITZPATRICK** 

This series opens with a rescue special, featuring new stories as well as tales from the show's past decade, with Professor Noel Fitzpatrick.

Three-legged German shepherd rescue Bran first came to the Supervet in 2019.

His early life was plagued by abuse, which resulted in the amputation of one of his hind legs after he was rescued. His remaining hind leg was badly affected by hip dysplasia.

Noel offers the solution of an

innovative custom total hip replacement – the first of its kind for a three-legged dog – but not every vet agrees this should be an option. While Bran's life hangs in the balance, Noel conducts an ethics review.

We also revisit rescue whippet Wobble who, at only a year old, in 2015, was very shaky due to a compression fracture in her neck, suspected to have been caused by being hit.

The fracture caused squishing of the spinal cord, resulting in pain and affecting signal transmission between Wobble's brain and her limbs.

Foster mum Diana now has to wait to see whether complex surgery can restore Wobble's quality of life.

And Noel's skills are put to the test to help a new patient, seven-week-old kitten Pretzel, who was abandoned at a vet's surgery with severely twisted back legs.

Devoted veterinary nurse Nicole, who has been fostering the little moggie, is determined to raise the necessary funding so that Pretzel can be operated on to have the chance of a pain-free and happy future.



#### **BRIDGERTON**

Netflix

After a steamy part one to this period drama, which ended with a hot carriage scene between Colin and Penelope, we have been eagerly awaiting this second instalment.

Penelope (Nicola Coughlan) is no longer a spinster, after Colin (Luke Newton) admitted his true feelings, kissed her and proposed.

So how will the Bridgertons react to their engagement? And what will estranged best mate Eloise (Claudia Jessie) think of the match - she can't be too happy that Penelope is marrying her brother? Is it time for them to bury the hatchet?

Colin is also yet to discover that Penelope has been masquerading as Lady Whistledown.

If he finds out that his fiancée is the local gossip, it could bring the wedding plans to a grinding halt.

There are other big questions too: Why does Lady Danbury dislike her brother so much? And can Queen Charlotte's wigs get any more spectacular?

Dearest gentle reader, prepare for anything.

#### **CHINOOK: ZULU DELTA 576**

Thirty years ago, a Chinook helicopter from the Royal Air Force crashed on the Mull of Kintyre, Scotland, in foggy conditions.

All 25 passengers and four crew members were killed, wiping out a generation of Northern Ireland's top intelligence personnel.

The tragedy, on June 2, 1994, is one of the RAF's worst peacetime disasters and the families of the victims are still on the hunt for answers, with the exact cause of the accident still unknown after more

than one inquiry. This two-part series allows the families to share their stories and experiences.

The documentary see experts commenting on what went wrong that fateful night as journalists uncover what the MoD and RAF did not want the families and public to know.

Susan Phoenix, wife of victim DS Ian Phoenix, recalls: "I heard on BBC Radio Ulster that a military Chinook has gone down and we don't think anybody has survived.

"At home, the police came in with a list. Can you confirm your husband was on board? That was it."



programmes are listed in British Summer Time (BST).

#### film ratings

Brilliant Very Good Good Average Bad

(R) Repeat

9

midnight

#### BBC ONE

6.00am Breakfast News headlines. 9.30 Morning Live Magazine.

10.45 Scam Interceptors The Interceptors race to save one man's £100,000 savings pot.

11.15 Homes Under the Hammer Tommy Walsh sees the potential in a bungalow in the beautiful Norfolk Broads.

12.15pm Bargain Hunt From Nottinghamshire. (R)

1.00 BBC News at One; Weather 2.00 Rip Off Britain Advice

on consumer rights. 2.30 Animal Park Ben Fogle and Kate Humble observe how the hyenas react to a shower. (R)

3.00 Escape to the Country A pair of cycling enthusiasts in the Peak District. (R)

3.45 Garden Rescue The team are in Burton Latimer to transform a garden into a Mediterraneanthemed social space. (R)

4.30 The Finish Line Roman Kemp and Sarah Greene host.

**5.15 Pointless** Quiz show, with guest co-host Lucy Porter. (R)

6.00 BBC News at Six; Weather 6.30 Regional News; Weather

#### BBC TWO

**6.45am Escape to the Country** (R) 7.30 Clive Myrie's Caribbean Adventure In Baracoa. (R)

8.00 Sign Zone: Gardeners' World Planting up pots. (R)

9.00 BBC News Headlines.

12.15pm Politics Live The latest from Westminster and beyond

1.00 Impossible Quiz show. (R)

1.45 Mastermind Double bill. (R) 2.45 Five Bedrooms Liz bears the

brunt of Harry's anger. (R) 3.30 Stanley Tucci: Searching for Italy In Umbria, nicknamed

the Green Heart of Italy. (R) 4.15 Great Bear Stakeout Part one of two. The grizzly bears of the Alaskan wilderness. (R)

5.15 Flog It! From Wrest Park, Bedfordshire. (R)

6.00 Richard Osman's House of **Games** Kevin Eldon, Sarah Keyworth, Laila Rouass and John Whaite take part. (R)

6.30 Clive Myrie's Caribbean Adventure The newsreader explores La Vega in the Dominican Republic, which bursts into life with colourful street carnivals every February.

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.

9.00 Lorraine Entertainment and the latest fashion news.

DM1ST

10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion Including Local Weather.

12.30pm Loose Women Celebrity interviews and topical debate.

1.30 ITV News; Weather 1.55 Regional News; Weather

2.00 Dickinson's Real Deal David is back in Blackpool, where Jan Keyne wrestles for a police truncheon. (R)

3.00 Lingo Natassja and Ashley, Jay and Shruti and Ian and Mary take part in the word game. Adil Ray hosts. (R)

3.59 Regional Weather

**4.00 Tipping Point** Quiz show, hosted by Ben Shephard. (R)

**5.00 The Chase** Bradley Walsh presents as Darryl, Melaine, Stanley and Abigail take on a ruthless Chaser. (R)

6.00 Regional News; Weather

#### CHANNEL 4

6.30am Cheers Double bill. (R) **7.20 Everybody Loves Raymond** Four episodes. (R)

9.10 Frasier Four episodes. (R)

11.10 Ramsay's Kitchen Nightmares USA (R)

12.05pm Channel 4 News Summary Headlines.

12.10 Ramsay's Kitchen **Nightmares USA** (R)

**1.10 Car S.O.S** Restoring a former rally driver's Mini Cooper. (R)

2.10 Countdown With Sam Quek. 3.00 A Place in the Sun Double

bill. The town of Tomar in Portugal; in Portugal's Algarve

5.00 Sun, Sea and Selling **Houses** In Almeria, Steve and Sharon Garner assist retired couple Nigel and Nickola, who have sold up in the UK and are moving to Spain full-time with

a budget of 220,000 euros. 6.00 Four in a Bed The final visit of the week is to Trinity Boutique B&B in Aberdeenshire. (R)

6.30 The Simpsons Spoof behind-the-scenes special exploring what makes the family's antics so popular. (R)

#### **CHANNEL 5**

6.00am Milkshake! Children's TV. 9.15 Jeremy Vine Discussion.

11.15 Storm Huntley Debate on the day's talking points continues.

12.45pm Friends Double bill. (R)

1.40 5 News at Lunchtime

1.45 Home and Away Marilyn worries that Roo's avoiding her as she hasn't replied to her messages. (R)

2.15 FILM The Gold Digger

**Killer** (2020, PG) A gold-digging Texas waitress arranges the murder of her retired millionaire partner. Thriller, starring Julie Benz and Roan Curtis. \*\*

4.00 Bargain-Loving Brits in the Sun Cameras follows Jolene, who has been doing farot card reading professionally for 24 years, and is extremely passionate about its positive impact. (R)

5.00 5 News at 5 Headlines

6.00 Party Election Broadcast 6.05 Police Interceptors

Officers hunt for two suspects allegedly armed with a gun after a tram-stop robbery in Bulwell. (R); 5 News Update



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7.30 EastEnders It's the day of Keanu's funeral and Kathy and Linda hold a private memorial for Sharon at The Arches. Denise opens up to Kim about her breakdown but remains closed off when questioned on the real reason behind it.

> 8.00 Question Time With the General Election just three weeks away, Fiona Bruce invites a panel of politicians and other guests to answer questions from an invited audience in Edinburgh on the subjects making the headlines.

9.00 The Outlaws While Gabby considers motherhood, the Dean's defence is winning his case, and the police are closing in on the gang. Can the outlaws clear their names in time? Comedy drama, with Christopher Walken.

10.00 BBC News at Ten 10.30 Regional News; Weather

10.40 Not Going Out Lee and Lucy plan a friendly night of quizzing with Toby and Anna in the pub, but the evening is derailed when the foursome splits into rival teams. (R)

11.05 Newscast BBC journalists including Laura Kuenssberg, Adam Fleming and Chris Mason host a weekly round-up of events from the General Election campaign.

11.35 Rebus Cafferty receives unwanted help from two UDA hitmen as his suppliers seek vengeance for the theft. Rebus finds reason to distance himself from Siobhan. Drama based on Ian Rankin's novels, starring Richard Rankin. (R)

12.25am Weather for the Week Ahead **12.30-6.00am** BBC News

#### 7.00 Mississippi: Earth's Great Rivers A journey along the

American river, whose fingers stretch into nearly half of the USA, collecting water from 31 states. The documentary follows the Mississippi from its source to its mouth. (R)

8.00 Springwatch Chris Packham, Michaela Strachan and Iolo Williams bid farewell to 2024's nests and recap on highlights of the series, while Megan McCubbin wraps up her Glasgow

9.00 Chinook: Zulu Delta 576 Part one of two. A look at the 1994 helicopter crash in the Mull of Kintyre that wiped out a generation of Northern Ireland's leading intelligence personnel. With contributions from the victim's families

adventure. Last in series

10.00 Mortimer & Whitehouse: Gone Fishing Paul and Bob fish for salmon in the River Tweed, beginning their trip at Bemersyde Estate before heading to Bridge Pool. (R)

10.30 Newsnight Headline analysis with Victoria Derbyshire.

11.05 The Misadventures of **Romesh Ranganathan** 

Comic Romesh Ranganathan visits more countries that are rarely visited by tourists. He ends his African adventure by travelling to the island of Madagascar. Last in series. (R)

12.05am Sign Zone: The Panorama Interviews with Nick Robinson. The journalist questions another party leader. (R) **12.35** Sign Zone: Blood on the Dance Floor – Spotlight (R) **1.35** Sign Zone: Doctor Who (R) 2.20 Sign Zone: Lost Boys and Fairies (R) **3.20-6.30am** This Is BBC Two

#### 6.30 ITV Evening News

A round-up of the national and international headlines, plus sports reports; Weather

7.30 Emmerdale More soap drama from the village in the Dales. Belle finds herself in danger, Ruby fears the worst as Charles reveals a cause of death for Ethan, and Vinny is left riddled with guilt.

8.30 The ITV Election Debate 2024 Julie

Etchingham hosts a debate to which seven parties in the General Election campaign have been invited, ahead of the poll on July 4th. Leaders or senior representatives from the Conservatives, Labour, the Liberal Democrats the SNP, Reform UK, the Green Party and Plaid Cymru will participate.

10.10 ITV News at Ten A roundup of the latest national and international headlines, plus in-depth interviews, analysis of political developments and sports reports; Weather

10.45 Regional News; Weather A round-up of the headlines.

11.00 Emergency Nurses: A&E Stories Behind the scenes at Northwick Park Hospital in Harrow. Emergency nurses Kat and Becca help student nurse Meredith through her first trauma call, and Dulcie looks after a 106-year old. (R)

**12.00m't** Shop on TV **3.00** In for a Penny. Stephen Mulhern presents from Walt Disney World Resort in Florida. (R) 3.35 Unwind with ITV 5.05-6.00am Katie Piper's Breakfast Show. Katie is joined by comedian Sophie Duker and Gladiator Livi Sheldon. Billy Wingrove conducts a football masterclass. (R)

#### 7.00 Channel 4 News

Headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-theminute weather reports.

7.55 Party Election Broadcast

8.00 NEW The Supervet: Noel Fitzpatrick A rescue special, featuring the stories of some of the animals for whom Noel has provided extraordinary and life-saving treatment since The Supervet

9.00 The Fall: Skydive Murder **Plot** As the trial reaches a dramatic conclusion, the police redouble their efforts, and the women at the heart of the case reveal the effects of coercive control in their relationships. Last in series

series began in 2014

**10.00 We Are Lady Parts** Comedy double bill. The band record their debut album, and Amina decides to give Billy another shot; the band members are left frustrated when the label begins to interfere with their debut album. Last in series

**11.20 Celebrity Gogglebox**Some of Britain's best-loved

personalities watch the week's biggest shows. They include Rylan and mum Linda, Jordan and Ashley Banjo, Shaun Ryder and Bez, and Fearne Cotton and Gok Wan. (R)

12.25am Sky Coppers. The unit joins the helicopter team in pursuit of a thief (R) 1.15 Ramsay's 24 Hours to Hell and Back (R) 2.00 Queenie (R) 3.45 Iris Prize Best British Shorts 4.15 Grand Designs Australia (R) 5.10 Kirstie's House of Craft (R) **5.25** Frasier (R) **5.50-6.30am** Countdown (R)

#### 7.00 The Motorway Hotel

Elton John tribute act Paul is expected to drop in, new joint co-ordinator Chloe needs to navigate her first wedding, and the staff cope with confusion with the bride and groom's names; 5 News Update

8.00 Happy Campers: The Caravan Park At Holiday Resort Unity's site in Somerset, 15-year-old George dislocates his knee and has to make a trip to A&E, meaning his family's holiday might well

be over before it's begun.

9.00 The Hotel Inspector

Alex Polizzi makes a return to Loughborough Grange, a guesthouse whose owners were in need of a wakeup call when she visited a vear ago. Have the owners capitalised on the boost she gave them?

10.00 Belmarsh: Serial Killers

& High Security Part two of two. Documentary series focusing on one of London's high security prisons, detailing the pecking order among inmates and telling the story of inmate Barry George. (R)

11.05 FILM King of Thieves

(2018, 15) Retired criminals attempt to pull off a major burglary in London's jewellery district. Crime drama based on the Hatton Garden heist, starring Michael Caine and Michael Gambon. \*\*

1.15 PlayOJO Live Casino Show 3.15 Secret Scotland with Susan Calman (R) **4.05** The Railways That Built Britain with Chris Tarrant (R) **4.50** Wildlife SOS. Chris Tarrant brings in an owl. (R) 5.15 House Doctor (R) **5.40** Entertainment News on 5 **5.45-6.00am** Paw Patrol (R) 6.00 Celebrity Catchphrase Kelvin letcher, Chris Ramsey and Heather Small take part in a charity special.

**7.00 Deal or No Deal** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order.

8.00 Bob's Burgers Double bill. 9.00 Love Island The temperature rises as

the couples aim to avoid being dumped. 10.05 Tell Me Everything Drama. Naisha finds the double pressure of a health app and her parents too much to take.

11.05 Family Guy Animated double bill. 12.05am American Dad! 1.05 Bob's Burgers 2.05 Don't Hate the Playaz 2.45-3.00am Unwind with ITV

#### DAVE

7.20am Cop Car Workshop 8.05 The Force: Behind the Line **8.40** James May's Top Toys **10.00** Top Gear **12.00noon** Storage Hunters UK 2.00 Extreme Fishing with Robson Green 3.00 Top Gear 5.00 Hairy Bikers' Best of British

6.00 Rick Stein: From Venice to Istanbul The chef ends his journey in Istanbul.

7.00 Would I Lie to You? With guests Gareth Malone, Amanda Abbington, Richard Osman and Phill Jupitus.

7.40 Richard Osman's House of Games 9.00 QI XL Extended edition. With Jo

Brand, Colin Lane and David Mitchell. 10.00 Have I Got a Bit More News

for You Martin Clunes is guest host. 11.00 Taskmaster Paul Sinha has

some struggles with a basketball 12.00m't Mock the Week 12.40 Would I Lie to You? 1.15 Alan Davies: As Yet

Untitled **2.25** Dave Gorman: Modern Life Is Goodish 3.10 World's Most Dangerous Roads 4.00-6.00am Teleshopping

#### **E4**

6.00am Hollvoaks 7.00 Ramsav's Kitchen Nightmares USA 9.00 Brooklyn Nine-Nine 10.00 Young Sheldon 11.00 Modern Family **12.00noon** The Big Bang Theory **2.00** The Goldbergs **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory: four episodes

7.00 Hollyoaks Hannah tries a new tactic when her money-making plan goes awry.

7.30 Come Dine with Me Teacher Jo is the fourth to host in and around Brighton. 8.00 Dance Moms The mothers fight over

a vacancy among the studio's trio. 9.00 Gogglebox Appraisals of Sitting on a Fortune, and Nadiya's Fast Flavours.

10.00 Naked Attraction Featuring a

24-year-old martial arts instructor. 11.05 First Dates Dating series.

**12.10am** The Big Bang Theory: double bill **1.15** Rick and Morty **1.45** Smiling Friends **2.10** Brooklyn Nine-Nine **3.00**Dance Moms **3.50** Modern Family 4.40-6.00am The Neighborhood

7.00am Unwind with ITV 7.05 Sugar Showdown 7.35 The Real Housewives of Cheshire 8.35 Masters of Flip 9.35 Buying and Selling 10.35 The Real Housewives of Cheshire **11.35** The Real Housewives of Atlanta **12.30pm** The Real Housewives of New Jersey 1.20 The Only Way Is Essex 2.05 Dinner Date 3.05 Million Dollar Listing: LA 4.00 The Real Housewives of Atlanta 5.00 The Real Housewives of Salt Lake City

6.00 Masters of Flip A cottage-type house. 7.00 Million Dollar Listing: LA Flagg goes all out for his new resort-style listing

**8.00 Dinner Date** Office manager and actor Maddy is given five menus to pick from.

9.00 Inside M&S Over a year, cameras are invited inside every corner of M&S.

10.00 My Mum, Your Dad Australia It's time for the last dates for the couples.

11.30 Ready to Mingle The partners cause havoc as they take over for the day. 12.35-1,00am Unwind with ITV

#### DRAMA

6.00am Teleshopping 7.20 London's Burning **8.00** Doctors **9.20** Classic Holby City **10.40** Classic Casualty **11.40** The Bill **12.40pm** Classic EastEnders 2.00 London's Burning 3.00 Lovejoy 4.10 Tenko 5.15 Birds of a Feather

6.00 Waiting for God New resident Daisy attempts to instil some discipline.

6.40 Are You Being Served? Falling les worry the management.

7.20 Last of the Summer Wine Howard decides to take up weightlifting.

8.00 Father Brown The grand opening of Pryde Castle ends in disaster.

9.00 A Small Light Miep must choose between her morals and her best friend.

10.10 New Tricks Sandra reopens an investigation into the apparent suicide of a Foreign Office diplomat.

11.35 Soldier, Soldier The officers share their barracks with an American platoon. 12.35am Lovejoy 1.45 David Copperfield 2.50-4.00am Classic Holby City

#### MORE4

**8.55am** A Place in the Sun **10.25** A New Life in the Sun 11.25 Find It. Fix It, Flog It 12.30pm Come Dine with Me: five episodes 3.10 Four in a Bed: five episodes **5.50** Chateau DIY

6.55 Car S.O.S Tim and Fuzz take on Mike's 1980 Ford Escort RS2000.

**7.55 Grand Designs** A couple building a curved glass family home in Manchester.

9.00 24 Hours in A&E Karan is rushed to St George's by ambulance after being tackled during a football match, leaving the 24-year-old with fractured bones.

10.00 Rescue: Extreme Medics An air ambulance is dispatched to help a rally driver on the island of Mull. Plus, a coast guard helicopter flies to a remote loch.

11.05 24 Hours in A&E A 41-year-old is brought into hospital after falling 20 feet through a skylight onto concrete.

12.10am 24 Hours in A&E 1.15 Rescue: Extreme Medics 2.20 24 Hours in A&E **3.25-3.55am** A Place in the Sun

#### S & S4C

WALES As BBC1 except: 1.35-1.45pm BBC Wales Today; Weather **6.30** BBC Wales Today; Weather **6.55** Party Election Broadcast 7.00-7.30 Nick Servini Interviews... 10.30-10.40pm BBC Wales Today; Weather

WALES As BBC2 except: 7.00pm The One Show. Topical stories with Alex Jones and Ronan Keating. **7.30-8.00pm** Digging for Britain: The Greatest Discoveries. The archaeological sites of Iron Age Britain

MERIDIAN As ITV1 except: 1.55-2.00pm ITV News Meridian 6.00-6.30 ITV News Meridian **10.45-11.00pm** ITV News Meridian

CENTRAL As ITV1 except: 1.55-2.00pm ITV News Central **6.00-6.30** ITV News Central **10.45-11.00pm** ITV News Central

ITV WALES As ITV1 except: 1.55-2.00pm ITV News Cymru Wales **6.00** ITV News Wales at Six **6.20-6.30** Party Election Broadcast 10.45-11.00pm ITV News Cymru Wales

WEST As ITV1 except: 1.55-2.00pm ITV News West Country. Afternoon reports. 6.00-6.30 ITV News West Country. The latest headlines

10.45-11.00pm ITV News West Country

ANGLIA As ITV1 except: 1.55-2.00pm ITV News Anglia 6.00-6.30 ITV News Anglia 10.45-11.00pm ITV News Anglia

WESTCOUNTRY As ITV1 except: 1.55-2.00pm ITV News West Country 6.00-6.30 ITV News West Country. The latest headlines 10.45-11.00pm ITV News West Country

S4C 6.00am Cyw 12.00noon Newyddion S4C a'r Tywydd **12.05pm** Bois y Rhondda **12.30** Heno **1.00** Ein Llwybrau Celtaidd **1.30** Cerys Matthews a'r Goeden Faled **2.00** Newyddion Newyddion S4C a'r Tywydd 3.05 Cynefin 4.00 Awr Fawr 5.00 Stwnsh 6.00 Dan Do 6.25 Darllediad Etholiadol **6.30** Arfordir Cymru: Bae Ceredigion **6.57** Newyddion S4C **7.00** Heno. Magazine. **7.30** Newyddion S4C a'r Tywydd 8.00 Pobol y Cwm. Dani receives some big news about Gwern. **8.25** Rownd a Rownd. Things become awkward for Trystan and Dani 8.55 Newyddion S4C a'r Tywydd 9.00 Y Byd Ar Bedwar. Current affairs. 9.30 Drych: Chdi, Fi Ac IVF. Documentary following Elin Fflur as she undergoes IVF treatment. **10.30** Y Llinell Las **11.30** Grid **11.45pm-12.20am** Ffasiwn Drefn

7.00pm Top Gear Jeremy Clarkson, Richard Hammond and James May test-drive cars in Romania

8.00 The Traitors US The Traitors are set a daunting, murderous task.

9.00 FILM Alan Partridge: Alpha **Papa** (2013, 15) The hapless local radio DJ ends up in the middle of a siege when a colleague responds to being fired by taking hostages.

and Colm Meaney. \*\* 10.25 High: Surviving a Dubai Drugs **Bust** Fact-based drama. The date of Karl's trial is fast approaching.

Comedy, starring Steve Coogan

10.55 I Kissed a Boy The boys face the most important kiss off yet.

11.45 Confessions of a Teenage Fraudster Elliot becomes paranoid. 12.30am Drugs Map of Britain 1.25

Top Gear **2.25** Bad Education: Reunion Special 3.10-3.55am Confessions of a Teenage Fraudster

#### BBC4

7.00pm Great British Railway Journeys Michael Portillo journeys from Glasgow to Cumbrae.

7.30 Villages by the Sea The history of Walberswick on the Suffolk coast.

8.00 A House Through Time

The house at the outbreak of the Second World War, Last in series.

9.00 King Otto & Football's

Greek Gods A look at how German football coach Otto Rehhagel led the Greek football team to victory.

10.15 FILM The Graduate (1967, 12) A college graduate is seduced by a middle-aged woman, but falls in love with her daughter. Comedy drama, with Dustin Hoffman, Anne Bancroft and Katharine Ross. \*\*\*\*

12.00m't The Sky at Night. Cosmic ghosts. 12.30 Queen Victoria's Letters: A Monarch Unveiled **1.30**Great British Railway Journeys **2.00-**3.00am A House Through Time

9.00am NCIS 10.55 Entertainment News on 5 **11.00** NCIS **12.00noon** I aw & Order 2.55 Entertainment News on 5 3.00 Law & Order

6.00 NCIS Triple bill. Sloane's name is found in Afghanistan near a dead bus driver; a man is found frozen to death; Gibbs is at breaking-point.

9.00 Blue Bloods Danny turns to Frank for help when he is placed on desk duty after investigating a case and discovering someone within the NYPD has something to hide.

10.00 Law & Order: Special

Victims Unit Double bill. Stabler is suspended for using excessive force; a mother is accused of killing her missing one-year-old baby.

12.00m't Law & Order: Special Victims Unit: double bill 1.55 The Blacklist 2.50 Criminal Minds 3.35 999: Criminals Caught on Camera 4.00-6.00am Teleshopping



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#### Sport

#### SKY SPORTS MAIN EVENT 6.00am Sky Sports News 7.00 Good Morning

Euros. A round-up of the all the news.

10.00 LIVE Tennis The Libema Open. Coverage of day four of the WTA and ATP grass court events, held at Autotron Rosmalen in s-Hertogenbosch.

12.30pm 

LIVE US Open Golf Coverage of the

first day of the Major, held at Pinehurst Resort in North Carolina. Rickie Fowler and Xander Schauffele shared the lead at the end of day one last year at Los Angeles Country Club, with their 10-under-par 62s the lowest rounds

in US Open history. However, it was
Wyndham Clark who went on to win the title.

8.00 LIVE ICC Men's T20 World Cup England v Oman. Coverage of the Group B match at Sir Vivian Richards Stadium in St George, Antigua. 11.00 LIVE US Open Golf Coverage of the first

day of the Major, held at Pinehurst Resort.

1.00am LIVE ICC Men's T20 World Cup Afghanistan v Papua New Guinea, The Group C natch at Brian Lara Cricket Academy in Tarouba 5.30-6.00am Sky Sports News. Headlines.

#### SKY SPORTS CRICKET

6.00am ICC Men's T20 World Cup 7.00 Best of ICC WT20 **7.30** ICC Men's T20 World Cup **2.10pm** Best of ICC WT20 **2.30** ICC Men's T20 orld Cup. West Indies v New Zealand. 3.00 LIVE ICC Men's T20 World Cup Bangladesh

v Netherlands. Coverage of the Group D match.

7.30 LIVE ICC Men's T20 World Cup England v Oman. Coverage of the Group B match at Sir Vivian Richards Stadium in St George, Antigua. Reigning champions England will be expecting a comfortable victory against a team that have qualified on two previous occasions but are yet to progress beyond the first round.

12.00m't ICC Men's T20 World Cup. Highlights.

1.00 IVE ICC Men's T20 World Cup Afghanistan v Papua New Guinea. Coverage of the Group C match at Brian Lara Cricket Academy in Tarouba. 5.30-6.00am ICC Men's T20 World Cup

#### SKY SPORTS FOOTBALL

6.00am EFL Cup Retro 8.45 EFL Greatest Games 10.00 Retro League One 12.00noon EFL Greatest Games 1.00 Championship Season Review **2.00** EFL Cup Highlights **2.30** EFL Trophy Football **3.00** Retro League One. Gillingham v Manchester City from 1999. **5.45** EFL Greatest Games **7.00** Championship Season Review **8.00** Best Goals Of The Carabao Cup 2020/21 **8.30** EFL Trophy Football **9.00** Championship Retro **11.30** EFL Greatest Games 12.00m't SPFL Greatest Games 5.30-6.00am SPFL: Edinburgh Derby Best Goals

#### TNT SPORTS 1

6.00am Hockey 10.00 Fishing: On the Bank 11.00 Ultimate Pool 12.30pm TNT Sports Reload **1.00** MLB Highlights **2.00** Training Day **2.30** Premier League Legends **3.00** Original Documentary **4.15** UEFA Champions League Goals Reload **4.30** Premier League Stories **5.00** NBA Action **5.30** MLB: Off the Bat

 6.00 LIVE MLB Baltimore Orioles v Atlanta Braves (Start time 6.05pm). From Camden Yards.
 9.15 MLB: Off the Bat 9.45 Rio Ferdinand Meets 10.00 UFC: The Ultimate Fighter 11.00 UFC 2.00am Gallagher Premiership Rugby Union 3.30 NBA Action 4.00 Formula E Unplugged 4.30

Formula E Flashback **5.00-6.00am** Down the Clubhouse. Famous sporting moments.

#### TNT SPORTS 2

11.30am Badminton Weekly 11.45 Sign Up – Into Football 12.00noon TNT Sports Goals Reload 12.15 Ligue 1 Highlights 1.15 TNT Sports Goals Reload 1.30 Hockey 5.30 Premier League World Beaters 8.00 Premier League Review 10.00 UEFA Champions League Magazine 11.00 UEFA Europa League & Conference League Magazine 1.00am
Serie A – Full Impact 2.00 Ligue 1 Highlights
3.00-11.30am LIVE Badminton Coverage from the Australia Open quarter-finals, which takes

place at State Sports Centre in Sydney.

#### EUROSPORT 1

6.00am Cycling: Tour of Belgium 7.00 Cycling: Tour of Switzerland 8.00 Mountain Biking 9.00 Olympic Games: Chasing Glory 10.00 Cycling Tour of Belgium **11.00** Cycling: Tour of Switzerland. Ruschlikon to Gotthard Pass. 12.00noon LIVE Cycling: Tour of Slovenia

overage of stage two, which follows a route 180.7km from Zalec to Rogaska Slatina.

 2.00 LIVE Cycling: Tour of Belgium Stage two, a route of 185.5km from Merelbeke to Knokke-Heist.
 4.15 Mountain Biking 4.45 Skateboarding: Concrete Dreams. A documentary following Murilo Peres and Pedro Barros as they are permitted to skateboard on some masterpieces of modern architecture. **5.00** Roland-Garros. A look back at the men's

singles final at the 2024 French Open. 7.00 Cycling: Tour of Belgium 8.00 Cycling: Tour of Switzerland 9.00 Mountain Biking 9.30 Olympic Games: The Power of the Olympics

 10.00 SailGP 11.00 Cycling: Tour of Switzerland
 12.00m²t Cycling: Tour of Belgium 1.00 FIA World Endurance Championship 2.00 Cycling: Tour of Belgium 3.00 Cycling: Tour of Switzerland
 4.00 Speedway Grand Prix 5.00-6.00am FIA World Endurance Championship

#### Entertainment & Factual

#### ITV3

6.00am Classic Emmerdale 7.00 Classic Coronation Street 8.05 Agatha Christie's Poirot 10.35 The Royal 11.35 Heartbeat 1.40pm Classic Emmerdale 2.40 Classic Coronation Street 3.40 Inspector Morse 5.55 Heartbeat 8.00 Vera 10.00 Wire in the Blood 11.50 The Royal 12.45am Upstairs Downstairs 1.50-2.30am Unwind with ITV

#### ITV4

6.00am Great Bacehorses 6.20 Minder 7.15 The Sweeney 8.15 The Return of Sherlock Holmes 9.25 Magnum, Pl 10.25 Koiak 11.30 BattleBots 12.25pm The Return of Sherlock Holmes 1.35 Magnum, Pl 2.35 Kojak 3.40 Minder 4.50 The Sweeney 6.00 River Monsters **6.30** British Touring Car Championship Highlights **8.00** Isle of Man TT **9.00** FILM Moonraker (1979/PG) 11.40 FLM Mechanic: Resurrection (2016/15) \*\*\* 1.30am The Sweeney 2.25 Auto Mundial 2.50-3.00am Unwind with ITV

#### **5STAR**

8.00am Bargain-Loving Brits in the Sun 10.00 Nightmare Tenants, Slum Landlords 11.00 Traffic Cops 2.00pm Police Interceptors 5.00 Dogs Behaving (Very) Badly 6.00 Home and Away 7.00 GPs: Behind Closed Doors 8.00 Casualty 24/7 y Second Counts 9.00 A&E After Dark 10.00 999: Emergency Call Out 11.00 Ambulance: Code Red 12.00m't Skin A&E 1.00 It's Your Fault I'm Fat 2.00-2.50am Casualty 24/7: Every Second Counts

#### **REALLY**

**7.00am** Cruise TV with LoveitBookit **8.00** Salvage Hunters **10.00** The Yorkshire Auction House 11.00 Antiques Road Trip **12.00noon** Money for Nothing **2.00** The Repair Shop **3.00** Antiques Road Trip 5.00 The Yorkshire Auction House 7.00 Antiques Road Trip 9.00 My 600lb Life: Where Are They Now? 11.00 Help! My House Is Haunted 12.00m²t Unexplained: Caught on Camera 1.00 Paranormal: Caught on Camera 2.00 Teleshopping 4.00-6.00am Animal Cops San Francisco

5ACTION Freeview 33
9.00am Car Pound Cops 9.30 Outback
Truckers 10.30 Traffic Cops 11.30 FILM
Ocean's 11 (1960/PG) \*\* 2.10pm FILM
Belle Starr (1941/U) \*\* 4.00 Outback Truckers **5.00** Traffic Cops **6.00** Police Interceptors **9.00** Trucking Heavy **10.00** Outback Truckers **11.00** Coastguard: Search & Rescue SOS 12.00mt World's Deadliest Weather: Caught on Camera 1.05 Fights, Camera, Action! 2.05 Trucking Hell 3.55-4.00am Entertainment News on 5

#### **SKY ARTS**

6.00am Golden Age: Milos at Blenheim Palace 7.00 FILM Janine Jansen: Falling for Stradivari (2021/U) \*\*\* 8.00 The Joy of Painting 9.00 Tales of the Unexpected 10.00 Alfred Hitchcock Presents 11.00 Discovering: Jodie Foster 12.00noon The Joy of Painting 1.00 Tales of the Unexpected 2.00 The South Bank Show 3.00 The Art Mysteries 4.00 Discovering: Peter Ustinov **5.00** The Joy of Painting **6.00** Tales of the Unexpected **7.00** Alfred Hitchcock Presents

**BBC RADIO 1** 

97.6-99.8MHz 6.57am Newsbeat 7.00 Matt

Edmondson 10.30 Newsbeat 10.32 Rickie, Melvin and Charlie 12.45pm Newsbeat 1.00 Dean and Vicky 3.00 Pop Anthems

3.30 Newsbeat 3.32 Going Home with Vick, Katie and Jamie 5.45 Newsbeat 6.00

Radio 1's New Music Show with Jack Saunders 8.00 Radio 1's Rave-Up with Arielle Free 10.00 BBC Introducing Dance

11.00 Radio 1's Residency 1.00am
Chillout Anthems 2.00 Turn It Up: A Short

History of Drum & Bass 3.00 Radio 1 Relax 4.00 Radio 1 Dance 5.00-6.33am

Radio 1 Early Breakfast with Maia Beth

BBC RADIO 2

88-91MHz 6.30am The Zoe Ball Breakfast Show 9.30 Vernon Kay 12.00noon Jeremy

Vine **2.00** Scott Mills **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whiley's

Shiny Happy Playlist **7.30** Jo Whiley **9.00** The Country Show with Bob Harris **10.00** 

Trevor Nelson's Magnificent 7 10.30 Trevor Nelson's Rhythm Nation 12.00m't OJ Borg 3.00 Sounds of the 90s with Fearne

BBC RADIO 3

Essential Classics 1.00pm Classical Live 4.00 Composer of the Week: Gibbons 5.00

In Tune 7.00 Classical Mixtape 7.30 Radio 3

in Concert **9.45** The Essay: Bohemians in T-Shirts **10.00** Night Tracks **11.30** 'Round

Midnight 12.30-6.30am Through the Night

Cotton 4.00-6.30am Owain Wyn Evans

90.2-92.4MHz 6.30am Breakfast 9.30



Live ICC Men's T20 World Cup Sky Sports Main Event, 8pm Following matches against Scotland and Australia in Barbados, Jonny Bairstow (left) and England head over to Antiqua to take on Oman at Sir Vivian Richards Stadium.

8.00 Painting Birds with Jim and Nancy Moir 9.00 Discovering: Michelle Pfeiffer 10.00 John Wayne: America at All Costs 11.00 Dr Jack and Mr Nicholson 12.00m't Katharine Hepburn: Call Me Kate 2.00 Mae West: Dirty Blonde 3.05 A Play in a Day 4.05-5.00am Cheltenham Literature Festival

#### GOLD

**7.10am** The Fosters **8.05** The Green Green Grass **9.20** My Hero **10.00** Are You Being Served? 10.40 Still Open All Hours 11.20 Last of the Summer Wine 12.40pm The Green Green Grass 1.20 My Hero 2.00 Still Open All Hours 2.40 Dad's Army 3.20 Are You Being Served? 4.00 Last of the Summe Wine 5.20 Still Open All Hours 6.00 The Green Green Grass **6.40** Dad's Army **8.00**Only Fools and Horses Christmas Special 8.40 The Thin Blue Line 9.20 dinnerladies 10.00 The Royle Family 10.35 Bottom 11.15 The Office 11.55 Only Fools and Horses Christmas Special **12.35am** The Thin Blue Line **1.15** dinnerladies **1.55** The Royle Family **2.35** Bottom **3.05-4.00am** The Office

#### YESTERDAY

6.10am Hornby: A Model World 8.00 Abandoned Engineering 10.00 The World at War 11.00 World War Weird 12.00noon Great British Railway Journeys 1.00 Antiques Roadshow 2.00 Bangers & Cash **4.00** The World at War **5.00** World War Weird **6.00** Antiques Roadshow **7.00** Canal Boat Diaries 8.00 Bangers & Cash: Restoring Classics 9.00 Bangers & Cash 11.00 Abandoned Engineering 12.00m't Great British Railway Journeys 1.00 Abandoned Engineering **2.00-3.00am** Scouting for Toys

#### ALIBI

7.10am Murdoch Mysteries: double bill 9.00 The Coroner 10.00 Elementary 11.00 Shakespeare & Hathaway: Private nvestigators 12.00noon Father Brown **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** Elementary **5.00** Father Brown **6.00** Shakespeare & Hathaway: Private Investigators **7.00** Elementary **8.00** Death in Paradise 9.00 Murdoch Mysteries Crabtree and Watts investigate the brutal stabbing of a woman. **10.00** Death in Paradise. Humphrey and his team are called to a hotel where a flight attendant has been poisoned. **11.00** Elementary. Sherlock investigates a serial killer known for biting his victims. 12.00m²t Why Women Kill 1.00 Unforgettable 2.00-4.00am Murdoch Mysteries: double bill

#### **SKY MAX**

6.00am NCIS: Los Angeles 7.00 DC's Legends of Tomorrow 8.00 The Flash 9.00 Stargate SG-1 11.00 NCIS: Los Angeles 12.00noon The Flash 1.00 MacGyver 3.00 Hawaii Five-0 **4.00** S.W.A.T **5.00** DC's Legends of Tomorrow **6.00** Stargate SG-1 8.00 A Discovery of Witches 9.00 The Walking Dead: The Ones Who Live 10.00 A League of Their Own: Mexican Road Trip 11.00 The Walking Dead 12.00m't S.W.A.T 12.55 Entourage 2.05 Road Wars 3.00 Hawaii Five-0 4.00-5.00am S.W.A.T

#### **SKY ATLANTIC**

**6.00am** The Guest Wing **7.55** True Blood **10.05** Billions **12.15pm** Game of Thrones 1.20 The Sopranos 3.30 Six Feet Under 5.40 Billions 7.50 Game of Thrones 9.00 House of the Dragon: War Room 10.00 Band of Brothers 11.20 Succession 12.30am The Pacific 1.40 The Wire 2.50 Game of Thrones 4.00-6.00am The Guest Wing

#### **SKY WITNES**

**6.00am** Air Ambulance ER **7.00** Border Patrol **8.00** UK Border Force **9.00** 999 Frontline 10.00 Bull 11.00 Blue Bloods **12.00 noon** New Amsterdam **1.00** 9-1-1 **2.00** FBI: Most Wanted **3.00** Caught Red Handed 4.30 Nothing to Declare 8.00 Blue Handed 4.30 Nothing to Declare 8.00 Bl. Bloods 9.00 FBI 10.00 FBI: International 11.00 The Rookie 1.00am Chicago Med 2.00 Chicago Fire 3.00 Chicago PD 4.00-5.00am Law & Order: Organized Crime

#### **SKY COMEDY**

8.00am Will & Grace 9.00 The Conners 10.00 Sort Of 10.30 Veep 11.40 Entourage 10.00 Sort Of 10.30 Veep 11.40 Entourage 12.50pm High Maintenance 2.10 Veep 3.20 Entourage 4.30 Sort Of 5.00 Will & Grace 6.00 The Office (US) 7.00 The Conners 8.00 Will & Grace 9.00 Young Rock 10.00 Jerrod Carmichael Reality Show 11.15 The Tonight Show Starring Jimmy Fallon 12.15am Sex and the City 1.30 And Just Like That 2.00.3 (Jame Hightuph Micdomoganors) 3.00-3.40am Flatbush Misdemeanors

#### DISCOVERY

6.00am How It's Made 7.00 Deadliest Catch 8.00 Building Off the Grid 9.00 Combat Dealers 10.00 Demolition Down Under 11.00 Wheeler Dealers 1.00pm Barnwood Builders 3.00 Gold Rush 5.00 Homestead Rescue:
Raney Ranch 6.00 Demolition Down Under
7.00 Kindig Customs 8.00 Supertruckers
9.00 Expedition From Hell: The Lost Tapes
10.00 Naked and Afraid XL 12.00m\*t Gold Divers 1.00 Expedition From Hell: The Lost Tapes 2.00-4.00am Naked and Afraid XL

#### NATIONAL GEOGRAPHIC

8.00am Food Factory 9.00 Air Crash Investigation 10.00 World War II: Secrets from Above 11.00 Megafactories 12.00noor Car S.O.S 1.00 Airport Security: Peru 2.00 Air Crash Investigation **3.00** Apocalypse: Hitler Takes on the West **5.00** Car S.O.S 6.00 Lost Treasures of Egypt 7.00 Air Crash nvestigation **8.00** Fiennes: Return to the Vild **10.00** Alaska: The Next Generation Wild **10.00** Alaska: The Next Ge 11.00 Air Crash Investigation 12.00m't To Catch a Smuggler 1.00 Drain the Oceans: Deep Dive 2.00 Money Meltdown 2.30 Food Factory 3.20 Lords of War 4.10-5.00am Exotic Animal ER: Double Dose

#### Movies

**11.00am Pool of London** (1951/PG) Ealing thriller, starring Bonar Colleano. ★★★ 12.45pm It Should Happen to You (1954/U) Comedy, starring Judy Holliday. \*\*\*

2.30 The Ghost and Mrs Muir (1947/U) Romantic fantasy, starring Gene Tierney, Rex Harrison and George Sanders. 4.35 Daleks' Invasion Earth: 2150 AD

(1966/U) Sci-fi adventure sequel, starring Peter Cushing and Bernard Cribbins. \*\*\* 6.20 Only the Brave (2017/12) Biographical drama, starring Josh Brolin. \*\*\*

9.00 Scream (2022/18) Horror sequel, starring Neve Campbell and Courteney Cox. 11.15 Monster (2003/18) Fact-based

drama, starring Charlize Theron. \*\*\*\*

1.25-3.50am To Live and Die in LA (1985/18) Crime thriller, starring Willem Dafoe.

#### SKY CINEMA PREMIERE

7.05am Turtles All the Way Down (2024/12) Romantic drama, with Isabela Merced, Cree and Judy Reyes. 9.05 Bonus Track (2023/15) See 6.20pm for details. 10.50 My Big Fat Greek Wedding 3

(2023/12) Romantic comedy, starring Nia Vardalos and John Corbett.

12.25pm Meg 2: The Trench (2023/12)
See 8.00pm for details. \*\*\*
2.25 Blue Beetle (2023/12) Fantasy, with Xolo Mariduena and Bruna Marquezine. ★★★
4.35 Am I OK? (2022/15) Romantic comedy drama, starring Dakota Johnson. \*\*

6.20 Bonus Track (2023/15) Comedy, starring
Joe Anders and Samuel Small. ★★★ 8.00 Meg 2: The Trench (2023/12) Thriller sequel, starring Jason Statham. \*\*\*

10.00 The Royal Hotel (2023/18) Thriller, with Julia Garner and Jessica Henwick

**11.45 The Exorcist: Believer** (2023/15) Horror sequel, with Leslie Odom Jr. \*\*\*

1.45am Ride On (2023/PG) Action drama, with Jackie Chan and Liu Haocun. \*\*\*

4.05-6.00am Cult Killer (2023/15) Thriller, with Alice Eve and Antonio Banderas. \*\*\*

#### SKY CINEMA DRAMA

6.00pm Dallas Buyers Club (2013/15) Drama, with Matthew McConaughey. \*\*\*\*
8.00 The Girl on the Train (2016/15) Thriller based on Paula Hawkins' novel, with Emily Blunt and Rebecca Ferguson. ★★★★

10.00 Mrs Harris Goes To Paris (2022/PG)

Comedy with Lesley Manville 12.10am Wildhood (2021/15) Drama, with Michael Greyeyes and Steve Lund. \*\*\*

2.00 Emily (2022/15) Drama, with Oliver Jackson-Cohen and Emma Mackey. \*\*\*

4.25-6.05am The Pact (2012/15) Horror, with Caity Lotz and Casper Van Dien.

#### **SKY CINEMA FAMILY**

4.00pm Swallows and Amazons (2016/PG) Period drama, starring Rafe Spall, Kelly Macdonald and Andrew Scott. 5.45 Journey to the Center of the Earth

(2008/PG) Fantasy adventure, starring Brendan Fraser and Josh Hutcherson. 7.25 Journey 2: The Mysterious Island
(2012/PG) Fantasy adventure sequel, starring
Dwayne Johnson and Michael Caine. ★★★

9.05 Breaking Point (2023/12) Drama, with Clarke and Karam Singh. 🖈 10.55 Ghost Squad (2015/PG) Fantasy adventure, starring Will Spencer. ★★★

12.30am Robo-Dog (2015/PG) Family sci-fi

adventure, starring Michael Campion. **★ 2.10 The Tiger Rising** (2022/PG) Family 2.10 The Tiger Hising (2022/PG) Family drama, starring Dennis Quaid. ★★★
4.00 Step Dogs (2013/U) Family comedy, with Joris Jarsky and Ryan Belleville. ★★
5.35-7.05am Hot Dog Derby (2013/U) Family comedy, starring Jason London.

#### **TALKING PICTURES TV**

6.05-7.50pm Sea Devils (1953/U) Swashbuckling adventure, starring Rock Hudson and Yvonne de Carlo. \*\* 10.10pm The Falcon and the Snowman

(1985/18) Espionage thriller, starring Timothy Hutton and Sean Penn. \*\* 12.50am Woman on the Run (1950/PG) Film noir crime drama, with Ann Sheridan, Robert Keith and Dennis O'Keefe.

2.25-4.25am Hannibal Brooks (1969/U) Second World War comedy, with Olive Reed and Michael J Pollard. \*\*\*

#### **GREAT! MOVIES**

**4.50pm The Bad Twin** (2016/PG) Thriller, with Haylie Duff and Grace Van Dien. ★★★ 6.45 To Sir, with Love (1967/PG) Classroom drama, starring Sidney Poitier, Christian Roberts and Judy Geeson. ★★★

9.00 Insomnia (2002/15) Thriller, starring Al Pacino and Robin Williams. ★★★ 11.25pm Freedomland (2006/15) Drama based on Richard Price's novel, starring Samuel L Jackson and Julianne Moore.

1.45am Exposed (2016/15) Crime thriller, with 4.00-5.40am The Nanny Betrayal (2018/PG)
Thriller, starring Michelle Borth. ★★

#### Radio

#### CHOICE Open Country

Radio 4, 3pm Anneka Rice is part of a painting group run by artist Maggi Hambling and over the years they've developed a strong bond. Anneka travels to Suffolk to find out more about the county that has inspired Maggi's work, from her seascapes, to the once controversial Scallop on Aldeburgh beach.

#### BBC RADIO 4 FM 92.4-94.6MHz 6.00am Today 9.00

n Our Time **9.45** Exercise Clever Michael Mosley 10.00 Woman's Hour 11.00 This Cultural Life 11.45 Book of the Week: All That Glitters 12.00noon News 12.04 The Bottom Line **12.32** Sliced Bread **12.57** Weather **1.00** The World at One **1.45** Understand: The UK Election 2.00 The Archers 2.15 Drama: The Queen of the Isle of Wight **3.00** Open Country **3.27** Radio 4 Appeal **3.30** Word of Mouth **4.00** The Briefing Room 4.30 BBC Inside Science 5.00 PM 5.57 Weather 6.00 News 6.30 Rhysearch 7.00 The Archers 7.15 Front Row 8.00 The Media Show 9.00 Loose Ends 9.45 Empire of Tea 10.00 The World Tonight 10.45 Book at Bedtime: The Photographer 11.00 The Today Podcast 11.30 The Bottom Line: The Decisions That Made Me a Leader 12.00m't News 12.30 Book of the Week: All That Glitters

12.48 Shipping Forecast 1.00 As BBC World Service 5.20 Shipping Forecast 5.30 News 5.43 Prayer 5.45-6.00am Farming

#### **BBC RADIO 5 LIVE** 693/909kHz 6.00am 5 Live Breakfast

9.00 Nicky Campbell 11.00 Adrian Chiles 1.00pm Nihal Arthanayake 4.00 5 Live Drive 7.00 5 Live Sport 9.00 5 Live Golf 10.00 Gordon Smart: Live from Euro 2024 **11.30**Johnny I'Anson **1.00am** Dotun Adebayo 5.00-6.00am Wake Up to Money

FM: 94.6MHz 6.00am Radio Wales News 6.05 Wake Up with Radio Wales 6.30 Country Focus 7.00 Radio Wales Breakfast 9.00 Wynne Evans 12.00noon The Phone In 2.00 Behnaz Akhgar 5.00 Radio Wales Drive 6.30 What Just Happened? 7.00 Aleighcia Scott 10.00 Fleri Sion 12.00m't Belax with Radio Wales 1.00-6.00am As Radio 5 Live

100-102MHz 6.30am Classic FM Breakfast with Dan Walker 9.00 The Classic FM Hall of Fame Hour with Dan Walker 10.00

#### ABSOLUTE RADIO

DAB 6.00am Dave Berry 10.00 Leona Graham 1.00pm Ben Burrell 4.00 Bush and Richie 7.00 Danielle Perry 10.00 Emil Franchi 1.00-6.00am Ben Coley

#### BBC RADIO WALES

#### **CLASSIC FM**

Alexander Armstrong 1.00pm Anne-Marie Minhall 4.00 Margherita Taylor 7.00 Relaxing Evenings 10.00 Calm Classics 1.00am Bill Overton 4.00-6.30am Early Breakfast

## OUR VOICE AMANDA FLANS

#### Sick of skiving MPs

■ Sunak has announced that, if re-elected, the Tory government will crack down on those claiming to be sick in order to avoid work.

Maybe he could turn his attention to those MPs who are being paid good money by us to act for us but have taken on very lucrative second jobs?

These second jobs seem to take precedence over their public duties and turning up at the House or their constituencies.

Then there are those in the House of Lords claiming £332 per day plus travel expenses, showing up just to claim their expenses and then leaving immediately.

I believe that when it comes to skiving, some MPs could teach us a thing or two.

Sheila Fox, Crawley, West Sussex

#### TAKE NOTI(

This peculiar sign was spotted at a cafe in Oxford by Francis Harvey from Bristol.

■ Please send your funny signs to the Sorry, but photos can't be returned.



#### THE **BIG** (



Every day we'll be asking your opinion on one of Britain's big talking points. You can have your say and vote at mirror.co.uk

Keir Starmer has vowed to stop highly caffeinated energy drinks being sold to under-16s in shops and online because of the impact on children's health.

Do you support a ban on U16s buying energy drinks?

Yes. How come kids need

energy drinks? Doesn't make sense. They're

already bursting with

energy. The ban is a

good idea.

**ENCECAS** 

No. How are they going to do that? They banned alcohol but

No. Seeing as so many kids are classed as obese. better ban all takeaways next INEVERREADREPLIES

they still get their hands on it. Same as cigarettes. It's pointless banning it.

WHITEWOLF69

Yes. I think it is a good idea to not allow under sixteens to buy such drinks. JOHN M D

Yes. This decision is common sense for all. The damaging effects of these drinks is worrying. ASOUNDVIEWPOINT

> No. How will they do this? Another load of cobblers LOLLIPOPPY

#### X@dailymirror

## Sunak's NI cuts will kill our NH

■THE Tories had the nerve to criticise Labour's plans for being underfunded, but their own tax cuts are total pie in the sky. Current tax levels are too high but they can't be cut without imposing another round of austerity or

increasing borrowing.

The Tories' main plan to find the cash is to impose savage cuts to the already miserable incomes of those claiming benefits.

Making the poor pay to cut NI and stamp duty and to give the middle classes more child benefit is Tory nastiness at its worst.

Their help-to-buy scheme for the few who can afford to get on the property ladder will do nothing to increase the number of houses that get built. Like similar schemes it will just raise house prices. Britain cannot afford to let Rishi Sunak and Jeremy Hunt's incompetence continue to damage the economy any longer.

#### Brett Grainger, Rugeley, Staffs

■What is going on with Rishi Sunak, our unelected PM? He clearly has a problem with the British public. He wants to cut National Insurance contributions which we all pay to support the NHS, state pensions, welfare and unemployment.

> The more he cuts this, the less goes into the pot. Added to that, my parents paid for me, I paid for my kids and my kids paid for their kids and so on. The welfare state came about because of the Second World War. It was put in place for the British public by the then government to ensure good

Labour has branded the Tories' General Election manifesto "the most expensive panic attack in history". Launching it after a chaotic start to his election campaign, Rishi Sunak vowed to slash national insurance again by 2027, and abolish it entirely for the self-employed by the end of the next parliament. As well as cutting taxes, the 76-page document plans to extend help for first-time buyers and add 8,000 more police officers. You say...

health and that people were fed and looked after. It's our welfare state, not Rishi Sunak's. He needs

#### to go as soon as possible. **Paul Chalmers** Harrogate, North Yorkshire

■ Rishi Sunak has finally admitted to the fact that he's failed over the NHS, housing and immigration. So how can we believe him when he comes up with his new promises in his party's manifesto if he gets re-elected? If he has failed/lied in the past, how can we believe him in the future?

Don't be fooled by this man. He is nothing but a snaǩe-oil salesman and not to be trusted. We have had 14 years of misery under the Tories. Don't vote for them any more.

#### Alan Gill, Widnes, Cheshire

■ Who do Rishi Sunak and Jeremy Hunt think they are trying to kid? They say Labour will hike taxes, yet their manifesto is going to reduce working people's taxes – so where are they going to get the money from? Have they found a magic money tree? They have already decimated the armed forces, the police force, NHS staffing and social care workers.

#### Kenneth Rheeston, Birmingham

about tax cuts with an intention of scrapping National Insurance contributions. Is this the start of the Tories trying to privatise the NHS? Time to get rid of Rishi Sunak. Alan Robinson, Liverpool

■ The Tories have stated that they intend to eventually completely do away with National Insurance contributions. This is their way of finishing off the National Health Service. With no NI, there are no funds to run the NHS. A typically cynical Tory way of doing things. Roy Tandy, Liverpool

■Even the most stupid of stupid people understand that it's our taxes that pay for all the services that we expect and need. One more Tory parliament will kill the NHS and we'll all have to go private.

John Foster, Birmingham

## ■Rishi Sunak has been talking

## Inspiration

I'm still stunned by the death of Michael Mosley. He seemed like a really nice bloke and did a lot to help people, often using himself as a guinea pig in his programmes.

I was surprised he was 67 - he looked a decade younger, so his medical advice obviously worked. His wife and children must be devastated and I feel so sorry for them. Helen Tabern, Wigan

#### Treasured **memories**

Every Monday we print your treasured family photos in our popular Your Memories section. So, if you have an old picture you'd like to share with us please email or write to Your Memories at yourvoice® mirror.co.uk or Daily Mirror, One Canada Square, London, E14 5AP and include the photo and some information about who's in it and when and where it was taken. Please don't send originals as we can't return them.

#### Taking part that counts

■Unfortunately there is a part of me that shrinks at the idea of England winning the Euros. The hype for weeks would be excruciating. What a pity that over-the-top football reporting has turned out to be a nationalistic backslapping parade. I am of the opinion, however unpopular, that taking part in the tournament is far more important than winning. Barry Watts, Dover

#### 1'weet of the day

Shadow Secretary of State for **Transport** Louise Haigh savs there's a plague of potholes in this country...



@LouHaigh - Whether it's the potholes plaguing our roads or the soaring cost of driving, it is clear the Conservatives have failed drivers. Labour has a plan to fix our roads and bring costs down.

■ The main reason as to why the far right have done so well in the recent EU elections is because there is no left-wing opposition to the EU in many of its member states. Phil Brand

#### South West London

■ Apparently trust in British politics has hit a record low. . It's a good thing as politicians have to think twice about lying and stop taking us for fools. **Derek McMillan** Durrington, West Sussex

Pub quiz answers How many of our daily pub quiz brainteasers did you manage to get right? 1. Ninth

2. Outnumbered

3. Shark

4. Harry Potter and the Deathly

5. Eaa

To have your say, go to mirror.co.uk

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lug-in hybrids have always seemed like a sensible option. An electric range adequate for most daily commutes, school runs and shopping trips yet equipped with a petrol engine for a holiday at the other side of the country.

The caveat is you really need to be able to charge at home because plugging a PHEV into a public charging point is bad form and likely to enrage anyone who was wanting that point to charge their pure EV. Is an extra 25 miles of range worth a black eye?

Many critics of PHEVs say they're a poor compromise because you're carting about the

naming strategy will know that GTX

means performance which, in the

case of the ID.7 GTX means 340PS

complexity and weight of two powerplants. It's a point, but it seems that many car buyers see the benefits outweigh the negatives because last month sales of PHEVs increased 31.5% over the same month last year. Private retail sales of pure EVs or BEVs dropped by 2%.

Recently we tested the new Peugeot E-308 SW, sister car to Vauxhall's Astra Electric ST estate. In a rare moment of self control I managed to serve vou up a road test of this electric estate car without a full-blown rant on the misery I had on a long journey trying to charge it at public chargers. Ruined my day.

#### THE FACTS

Vauxhall Astra Sports Tourer GSe five-door estate

Price: £44,000 Engine: 1.6-litre petrol, electric motor, 223bhp **0-62mph**: 7.5sec Fuel consumption: 217mpg

Today we're up north visiting relatives and more suitably equipped. We are in an aforementioned Astra ST estate but this one is a PHEV. We burned up its electric range pretty early on, not managing to achieve the official 35 mile range.

well known for

has turned its attention to the

Ineos Grenadier,

but now we can



Only to be expected as 10 minutes after leaving home we were on a motorway and high speed driving drains the battery.

We're testing the GSe model, the badging of which indicates in Vauxhall's new language a car that's sporty but has



0-62mph in 5.4 seconds and max range is 371 miles. No word on price or final spec yet, but VW UK promises

that it'll let us know soon.

We reported last week that a firm customising Land Rover Defenders 0 # # 0

reveal that Ineos itself is going to provide a similar service.

The company is calling its bespoke department Arcane Works and customers will be able to choose exclusive materials, colours and options for their motors.

Ineos will be displaying an Arcane Works-fettled Grenadier at next month's Goodwood Festival of Speed.

**INEOS BESPOKE WORK** 

We tend to focus on car sales stats here but it's interesting to have a look at the numbers in the van world. Industry body the SMMT reveals sales were up in May by 1.9%, the 17th consecutive month of growth. Even more interesting is the general lack of enthusiasm for electric vans. BEV van uptake is down 2.1% in the year to date. Bear in mind there's still a grant available to electric commercial vehicle buyers. It's a shame because electric vans making deliveries are pleasantly quiet and clean.



**X@MirrorMotoring** More reviews and fantastic motoring news at mirror.co.uk/lifestyle/motoring



#### THE RIVALS



Seat Leon e-Hybrid Doesn't have the sporty genes but will do the job. £39.235



Toyota Corolla GR Sport Odd one out here as it's hybrid but not plug-in. Very

efficient and looks the part. £35.120



#### Peugeot 308 SW GT

Mechanically identical but offers different styling inside and out.

£43,370

electrification. Gone is the VXR tag that referred to its high-performance petrol models.

Perhaps Vauxhall will one day make an electric sports car and call it a VXRe.

To give the GSe its sporty identity, engineers have dropped the ride height by 10mm, the Koni shock absorbers have been modified, 18in black alloys fitted, the roof is black as standard and inside there is Alcantara upholstery and a leather steering wheel unique to this car.

What is no different is Vauxhall's (and the Stellantis Group's) PHEV powertrain. Standard Astra Tourer PHEVs get

a 180PS but in the GSe the 1.6-litre four-cylinder petrol engine and 110PS electric motor produce a combined 225PS. Plenty good enough to give a top speed of 146mph, 84mph in electric mode and 0-62mph in 7.5 seconds.

More than adequate performance figures but they don't turn it into a sports car in sensible clothes. Yes, you can feel the suspension and lower centre of gravity from the lower ride height but the GSe only feels a bit sharper than its more ordinary

brothers in the range.

Adequate

figures don't

turn it into a

sports car in sensible

clothes

Think of it as a car with more visual sporty character and you won't be disappointed. You might, however. not feel your £44,000 has not been particularly well spent.

Inside, you get something called Pure

Panel. It stretches from the A-pillar to the centre of the dashboard and looks rather smart. There are a good selection of buttons and knobs for heating, ventilation and other oft-used systems, plus a little rest for your thumb that helps when using the touchscreen on a bumpy road. The Alcantara and more sporty seats you get in the GSe add a touch of class.

The Astra estate loses some luggage space because of the 12.kWh battery that lives under the floor, a common compromise in PHEVS, and holds 516 litres with the rear seats in place against the petrol car's 597 litres.

Many feel a PHEV is a good stepping point before committing to a fully electric powertrain and I wouldn't disagree. Whether I'd spend £44k on the GSe is another question. Unless you're taken with the sporty additions, I'd look at the £40,135 GS-trimmed PHEV.

DEAL



company and provides a relatively affordable doorway into owning a Bimmer. The fourth generation 1-Series has just been announced and you can order one now for delivery in October.

So far, two versions are being offered: the entry level 120i, which costs £29,950, and the sporty 300PS M135i at £41,000. As is usual with modern cars, the 1-Series has grown and is 42mm longer than it used to be and taller, too.

Stand by for a road test some time in the summer.



I have never yearned to own a car just because its previous or past owner was famous. But this might be the exception.

A 1992 Mercedes-Benz SL500 has just entered into an auction which was bought new by Sir Stirling Moss and the estimate is only £10,000-£11,000.

Auctioneer H&H says Sir Stirling specially ordered the car to is own specification. Moss was a lovely man. I interviewed him several times and found him to be absolutely delightful, down to earth and entertaining.

I'd love to be reminded of him by driving one of his old motors.



BYD already supplies electric buses used on London's streets and has a new double decker called the BD11 that is set to be a familiar sight in the capital. Now it's been revealed that the Chinese giant has an electric MPV that it is hoping will be a popular vehicle with taxi drivers.

With five seats, a tight turning circle and a range of 258 miles, it certainly sounds suitable. There's no on-sale date or price but it's reckoned that the e6 people carrier will be in the UK this summer and that it will set you back less than £40,000.



#### **CATERHAM HQ TOUR**

Caterham is celebrating the opening of its brand new factory in Dartford, Kent, a 54,000sq ft facility that will give it extra production capacity.

The company started its life in the Surrey

town of Caterham itself, in a tiny establishment so small you could hardly swing a torque wrench. I remember going there in the mid-80s with the plan of buying a kit to build.

What is fun is that it will now be possible to book a factory tour. If that floats your boat, see caterhamcars.com for details.



Dacia has introduced an offer that runs until July 1 allowing customers to buy a Sandero Stepway for the same prices as a regular Sandero. The Stepway, which is a faux off-roader with a raised ride height

and body protecting plastics, usually outsells the standard Sandero so this is an interesting offer. A deposit of £2,915 gives you monthly payments of £162, which is the same money as the equivalent Sandero hatchback

## DFS all at sea over shipping

SOFA chain DFS was forced to issue a profit warning of up to £15million yesterday because of Red Sea shipping delays.

Attacks on vessels by Houthi rebels have caused shipments from the Far East

to Europe that would have used the Suez Canal to take much longer routes instead.

s a i d between £12m and £14m worth of customer orders had been delayed because of the disruption.

It has also seen higher shipping costs because freight rates have increased

said "consumer demand in the upholstery sector has remained challenging".

Shares in British pest controller

Nelson Peltz's Trian Fund

the top 10 shareholders. Peltz is

known as an activist investor -

to change how it is run.

13.7% to 472.2p.

AB Foods.

Halfords.

Hays.

stake in the firm.

Rentokil Initial leapt yesterday after a

billionaire US investor bought a big

Management said it was now among

someone who buys into a company

Rentokil was the FTSE 100's

biggest riser yesterday, jumping

To make matters harder, the retailer

above previous expectations.

that lower inflation and a potential interest rate cut would trigger a pick-up in demand across the market.

result in mid-March.

It also pointed to measures taken at its Sofology arm – plugged by actor Helena Bonham Carter - and reintroducing four-

As a consequence, DFS said it now

That marked a big downgrade from the £20m to £25m forecast at its interim

The company

also cautioned that

annual sales are

now expected at

around £995m to

The update sent

That was despite

DFS's share price

the firm predicting

falling yesterday.

£1billion.

expected profits for the year to the end of

June to be between £10m and £12m.



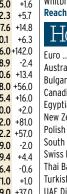
French car maker Stellantis has marked 60 years of vehicle manufacturing at its Ellesmere Port plant. The factory started off making the Vauxhall Viva, then more than 250,000 Vauxhall Chevettes and over 4.1 million Vauxhall Astras.It now makes a number electric models, including the Vauxhall Combo

Smith & Nephew

#### 0il = \$82.36 **2744.5** -6.0 Shell

بند	TOO		up <b>61.61</b> at 8	6215	.48
	151.1	+2.9	HSBC	681.8	+4.2
	2374.5		Imperial Brands		
	2506.0		International Airlines Gr		
	2576.0		Int Distribution Services		
	12466.0		ITV		
	476.7	+8.2	JD Sports		
	1388.5	+4.5	Kingfisher		
	473.3		Land Securities		
	2381.0		Legal & General		
	353.6		Lloyds		
	208.7		Marks & Spencer		
	437.2		National Grid		
	464.9		NatWest Group		
	129.4		Next		
	14.0		Ocado		
	1180.0		Pearson		
	132.1	-0.2	Persimmon	1498.0	+56.0
	2239.0		Prudential		
	79.2		Reckitt	4390.0	+2.0
	2611.0		RELX	3572.0	+81.0
	195.7		Rentokil Initial		
	464.8		Rio Tinto	5249.0	-2.0
	16225.0·	+575.0	Rolls-Royce	469.4	+4.4
	874.0	+9.5	J Sainsbury		
ne	1605.0	-10.0	SSE		
	145.8	+1.2	Severn Trent		
	104.0	+1.7	Serco		

#### Smiths WH Standard Chartered Taylor Wimpey Tesco. Unilever **United Utilities** Vodafone Whitbread Reach PLC Euro





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#### .1.163 Australian Dollar Bulgarian Lev . 2.197 Canadian Dollar 1.714 Egyptian Pound 61.24 New Zealand Dollar 2.008 Polish 7loty 4.864 South African Rand 22.708 Swiss Franc .. ..1.104 Thai Baht 44.912 Turkish Lira .37.872 UAF Dirham ..4.521

SINGLE mum and A&E paediatric sister Becky Rider, 38, needed to earn more to pay her bills. Now, Becky, from Doncaster, makes an extra £1,000 a month as an Avon rep.

#### How do you juggle having two jobs?

I receive my A&E shift pattern in advance so I can then plan when I can fit in my Avon work.

I have been direct selling for Avon for four years now. I also work 30 hours a week, in 12.5-hour shifts, as a paediatric sister.

I earn around £1,000 per month from my Avon business.

#### Why did you start doing direct selling?

This extra income has allowed me to save, which I have never done before. And it's been very helpful since my personal circumstances changed, helping me to avoid getting into debt when becoming a single parent.

Since the age of 16, I have always worked and paid my bills on time and in full, but I have never really had that extra bit of money in my pocket to do nice things.

If I went away on holiday or treated the children, it was always put on a credit card, and that meant that debts built up

#### **How do you fit Avon** around your life?

The beauty of doing Avon is that it is very flexible. Most of my Avon business is carried out online, so I can be anywhere and still make sales. With Avon, you get your own online store when you first join as a Representative.

This is perfect for sharing far and wide. Anyone can shop on your personal store and have their order shipped anywhere in the UK.

As well as your online store, you also get a personalised digital brochure that customers can look through on any device and shop at their leisure.

Avon deals with the delivery of both the online store and digital brochure so the products are sent

directly to the customer's chosen address.

It is perfect for me with the busy lifestyle I lead. As well as the above. Avon also provides Representatives with several apps to help run and build our business on the go Avon On is for the

business side, such as placing orders, making payments etc, while Avon Academy is a free training platform where we can learn and research all about Avon and its amazing products.

#### How do you prefer to make sales?

I mainly build my business online using the tools given to me by Avon, social media, advertising the products, creating product bundles and doing my own reviews. I also offer incentives for customers, hand out samples for



organise online parties so customers can shop in the comfort of their own homes.

There are just so many ways in which you can retail the products. People still love to flick through the brochure though.

I get my A&E

in advance so

when to fit in

shift pattern

I can plan

Avon work

Every one of my customers who buys from me will always receive a brochure.

#### What do you love about it?

The flexibility is the main thing. I choose when, where and how

to work my business. I use little snippets of time here and there to build it.

And the beauty of it is that, if you need or want time off, you can take it—no need to ask the boss because you are the boss.

Avon is part of the Direct Selling Association, the only recognised trade body for direct-to-consumer (D2C) retail in the UK. Other companies include Ann Summers, Neil's Yard Remedies, and Usborne. Check out dsa.org.uk

#### them to try and, from time to time, What difference has it made to your life?

Avon isn't only about the financial side of life – you also get to meet new people. Having a community of like-minded people, who are all wanting to achieve their own goals, is another reason I love it.

Building my business has enabled me to pay off debts, pay for family holidays and pay cash for Christmas, I don't have the added financial stress of worrying about how can I afford things.

#### What do you spend your direct selling earnings on?

My NHS wage pays for all my day-to-day living costs and bills and my Avon money pays for anything outside of that, whether it's renewing car insurance, affording Christmas or treating myself and my children (my daughter is 17 and son is 18).

The money I earned from my Avon business last year helped me pay for my daughter's prom dress without the added worry, book an all-inclusive-family holiday, pay cash for Christmas and even manage some savings.

#### Abrdn.. Anglo America

Admiral Group AstraZeneca. Aviva PLC. BAE Systems. B&M European Balfour Beatty Barclavs. BR Land Co..... RP BT. Capita Group. Carnival. Centrica. Compass Currys... Diageo. Direct Line.... Easyjet.. Ferguson. Frasers Group

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are on the stand side. Low numbers best when stalls
are on the for side

are on the stand side. Low Humbers best when so, are on the far side.

TOP TRAINERS: I Jardine 43-392 (11.0%), L

Russell 40-331 (12%), J Goldine 40-394 (10.2%), K R Burke 22-94 (23.4%), B Menzies 14-92 (15.2%), L Bailey 12-133 (9.0%), R Fell & S Murray 10-65 (15.4%), P Kirty 8-69 (11.6%), C Johnston 7-53 (13.2%), Miss L Perratt 7-123 (5.7%), K Scott 7-78 (9.0%), W Haggas 6-14 (42.9%), R M Smith 6-140 (4.3%), M Hammond 6-63 (9.5%).

(4.3%), M Hammond 6-63 (9.5%). **1ST TIME HOODS:** 6.10 Just Hot.

BOUVERIE 6.10 NAEPOINT 6.40 DESERT QUEST 7.10 UNSPOKEN LOVE 7.40 HE'S GOT GAME 8.15 PATONTHEBACK 8.45 GOLDEN RAINBOW

TOP JOCKEYS: Paul Mulrennan 42-265 (15.8%), Andrew Mullen 30-235 (12.8%), Joe Fanning 23-143 (16.1%), Daniel Tudhope 17-97 (17.5%), Shane Gray 16-123 (13.0%), Connor Beasley 12-84 (14.3%), Billy Gartity 11-133 (8.3%), Rowan Scott 9-105 (8.6%), William Pyle 5-27 (18.5%), Oisin Orr 4-39 (10.3%), Alden Brookes 4-20 (20.0%), Phili Dennis 3-70 (4.3%).

1ST TIME BLINKERS: 8.15 Moondial.

CHEKPIECES: 6.40 Red Force One, Rioja Alta\*, Tafsir, 8.15 Doomsday, Fircombe Hall, Sparkle In His Eye, 8.45 Mews House, Protest Rally, Sixcor, Wakai Umi.

Wakai Umi. **TONGUE STRAPS:** 7.40 He's Got Game, 8.15 Indication Rocket, Moondial, 8.45 Golden Rainbow.

## O JOIN RACING TV NOW CONFINED MAIDEN STAKES (5) 1m Winner £3,780 (10 run) DAIJOOR (JS66) Mr W G Harrison 8 10-2. ROYAL EMPEROR R M Smith 5 10-2. 45-5 DAIN MA NUT IN (3)1 (RSSSEI] 3 9-5. 2-4 FIRST ALLIANCE (98) K R Burke 3 9-5 (F). LEVECHE I Jardine 3 9-5. 3-52 NAEPOINT (5)5 E bethell 3 9-5. 24 NATIONAL INTEREST (264) W Haggas 3 9-5 (BF) (SF)... 02 RACING VICAR (45) L Russell 3 9-5 (EW). ROYAL DUKE R M Smith 3 9-5. 7 JUST HOT (25) (k) Jardine 3 9-0. 6: 11-10 National Interest, 3 Naepoint, 4 First Alliance, 10 Dig. R Scott R Scott P Mathers Sisin Orr Tudhope P Mulrennan C Beasley

#### 6.40 JAMES JONES SAWMILL HANDICAP (5) 2m Winner £4,187 (4 run)

1	(1)	4334-5	RIOJA ALTA (40) M Hammond 4 9-9	B Garritty	77	
			TAFSIR (11) J Goldie 5 9-5 (C) (SF)			
3	(4)	425622	<b>DESERT QUEST</b> (10) Ewan Whillans 6 8-11 (BF) (F)	R Scott	<b>9</b> 79	G
4	(3)	80-063	RED FORCE ONE (10) P Kirby 9 8-10 (CD)	C Beasley	77	S
			Docart Quact 2 Tafeir 11-4 Dad Farca One Q Diaia Alta			

#### 7 1 CRYPTO CLUB SELLING STAKES (5) (2-Y-0) 5f

	ı.	IUW	inner £5,4	100 (5 run)					
1	(5)	2233	HARSWEL	L DANDY (13) R Fe	II & S Murray 8-13		Beasley	77	G
	(4				3 (F)				
3	(1	67	KALLIPPO	<b>S</b> (34) W Haggas 8-1.	3		.C Fallon	55	G
	(2				ster 8-13				
5	(3)	32	UNSPOKE	<b>N LOVE</b> (10) K R Bu	rke 8-13 (BF) (SF)	D	Tudhope	●89	GF
	ETT	NC- 4-5	Hnenokon I	ove Q-2   Street	5 Harswell Dandy	7 Kallinnos	12 Stat G	oddo	

#### **7.40** 75MEDIA HANDICAP (5) (3-Y-0) 1m 1f Winner £4,187 (5 run)

1	(3)	066-21	HE'S GOT GAME (31) (H) H Palmer 9-11 (SF)P Mulrennan	78	GF				
			COUNT PALATINE (19) M Dods 9-10C Beasley						
3	(2)	342-87	ELEMENTAL EYE (48)   Jardine 9-9	73	GF				
4	(5)	163-86	ROSENZOO (19) C Johnston 9-6 (F)A Mullen	75	ST				
5	(1)	555	SPOOK (16) C Johnston 9-2	71	GF				
	BETTING: 8-11 He's Got Game, 4 Spook, 7 Elemental Eve, 8 Rosenzoo, 10 Count Palatine.								
_			DAGING BU DROFIES DESIRATED TO DAGING HANDIGAD A						

#### 8.15 RACING TV PROFITS RETURNED TO RACING HANDICAP (6) 7f Winner £3,664 (9 run)

1	(6) 0-7001	PATONTH	EBACK (	5) G Tutty (	5 9-10 (C	) (F)	•••••		R Scott	74	SF
2		PEMBRO									
3	(1) -68005	KEEP ME	STABLE	(41) Miss L	Perratt	49-1(D)	•••••	0	isin Orr	64	ST
4	(2) 027631	SCARRIFI	F (12) (B) R	Menzies 6	8-13 (C)	(SF)	•••••	C	Beasley	74	G
		SPARKLE									
6	(9) 337194	FIRCOMB	E HALL (	14) P Kirby	6 8-11 ([	))	•••••	В	Garritty	75	GF
7		INDICATION									
8	(4) -69847	MOONDIA	<b>L</b> (10) (B) I	K Scott 48	-9 (D)		•••••	W I	Pyle (5)	67	G
9	(7) 2946-0	DOOMSD/	<b>ay</b> (41) L B	ailey 58-4	(D)		•••••	J	Fánning	70	GF
BE	TTING: 6-	4 Scarriff,	3 Pator	ntheback,	13-2	Sparkle	In His	Eye, 8	Pembro	okesh	ire,

#### 10 Fircombe Hall, 14 Indication Rocket, 20 Keep Me Stable, Doomsday, 25 Moondial

8.45 VISIT RACINGTV.COM HANDICAP (6) 5f Winner £3,664 (8 run)		
1 (1) 56-797 HAVAGOMECCA (6) (B) M Dods 6 9-11 (CD) (F)	67	G
2 (6) 76-463 WAKAI UMI (21) M Loughnane 4 9-8 (D)		
3 (4) 680334 SIXCOR (22) Miss L Perratt 6 9-5 (CD)		
4 (2) 126401 GOLDEN RAINBOW (6) (V) R Menzies 5 9-5 (D) (SF) P Dennis		
5 (7) 466-0 ETERNAL SUNSHINE (12) J Goldie 4 9-1 P Mulrennan		
6 (5) 0-8540 PROTEST RALLY (14) L Bailey 4 9-1 B Garritty		
7 (3) 779878 MEWS HOUSE (12) Miss L Perratt 7 8-9 (D)	66	G
8 (8) 637430 HARD NUT (51) (H) Miss L Perratt 7 8-9 (EW)	68	SF
BETTING: 2 Golden Rainbow, 7-2 Wakai Umi, 4 Sixcor, 6 Havagomecca, 12 Mew 14 Hard Nut, Protest Rally, 16 Eternal Sunshine.	s Ho	use,

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## **MURPHY IN ASCOT RAM RAI**



OISÍN MURPHY has landed the plum ride on 1.000 Guineas third Ramatuelle in the Coronation Stakes at Royal Ascot tomorrow week.

Aurélien Lemaître has ridden the Christopher Head-trained daughter of Justify on each of her seven career starts.

But Lemaître's Guineas ride on Ramatuelle - the French raider, attempting a mile for the first time, was committed for home two furlongs before being overhauled close home by Elmalka and Porta Fortuna - drew criticism from some quarters. And Murphy (left) has been her but we've all seen plenty of her drafted in for the mount in the fixture's Friday feature.

"She obviously ran well in the Guineas as we all saw," said the Irishman. "It's a competitive race, the

Coronation Stakes - there are five or six in there who could win. "But it's nice to get on her and obviously if I can get her to relax she

should be bang there. "You are climbing all the way but obviously the turn gives me a chance to get a breather into her

and that's a help. "I haven't sat on

and she's got the form in the book.'

Murphy will also get the leg-up on Guineas fourth Tamfana in the Prix de Diane at Chantilly on Sunday.

Jamie Spencer was on board when Tamfana endured a troubled passage before flying home at Newmarket but trainer David Menuisier said: 'Jamie did absolutely nothing wrong.

"I always made it clear to Jamie's agent that whenever Oisín is available he would ride the horse it's nothing to do with the ride in the Guineas.'

#### NEWBURY JACKPOT

..... W Buick - -.... O Murphy •81 GF ... D Muscutt - -CLEVER JACK E Dunlop 9-7 ....
INVITED R Hannon 9-7 ....David Egan .....H Crouch ...... C Bishop 

•	•	EN	COUNTRY & TOWN HOUSE	HANDICAP (STR) (DIV 1) (5) (3	3-Y-(	))				
4	4.	JU	Im Winner £5,757 (11 run)	HANDICAP (STR) (DIV 1) (5) (3						
1	(2)	425-43	FASTER BEE (69) R Hughes 9-10	J Crowley	78	ST				
2	(9)	36-353	SHOW BIZ KID (8) (B) R Hannon 9	10 DOUBTFUL						
3	(4)	64-454	ASIMOV (23) J Fanshawe 9-8 (F)	W Buick	82					
4	(1)	210-06	FRANCESCO BARACCA (8) E J-	Houghton 9-7 (D) C Bishop	76	G				
5				otti 9-7 (D) (EW)David Egan						
6	(7)	5244-7	CHARMING WHISPER (23) P Mc	Bride 9-6Rossa Ryan	79	G				
7	(10)	533-12	BORN A REBEL (17) P Owens 9-6 (	BF, D) (SF)B Sayette	82	G				
				O Murphy						
9	(5)	469	WARRIORS DREAM (27) (H) S Wo	ods 9-4R Havlin	85	ST				
10	(8)	602-	ZALTALLA (222) J Ferguson 9-3	D Muscutt	77	SF				
11	(6)	041-94	SUGARLOAF LENNY (19) W Knigi	nt 9-1 (D)S Osborne	79	ST				
	BETTING: 4 Born A Rebel, 9-2 Asimov, 11-2 Faster Bee, 13-2 Zaltalla, 7 Sugarloaf Lenny, 10 Warriors Dream, Havanarama, Beauty Generation.									
		-								

#### 3.25 COUNTRY & TOWN HOUSE HANDICAP (STR) (DIV 2) (5) (3-Y-0) m Winner £5,757 (11 run)

1								R Clutterbuck		ST
2								W Buick		GF
3	(4)	1949-0	LIV M	y life	(33)(B)	R Hannon	9-8	Alec Voikhansky (3)	71	GF
4	(1)	54-254	KEAD	Y TOW	<b>N</b> (11) R	Hughes 9-7	<b></b>	Murphy	80	ST
								T Marquand		
								L Keniry		
7	(10)	40-331	GREAT	T ACCL	.AIM (1	9) E J-Hou	jhton 9-6 (D) (F)	C Bishop	81	GF
8	(6)	36-124	TAYAL	.A (19) E	Walker	9-4 (EW)	•	S Osborne	82	ST
9	(5)	1007-6	SARA	KANA	(69) E D	e Giles 9-4		P Cosgrave	72	G
10	(11)	04-7	ADVE	RT RUI	LES (15	5) A King 9	-3	Rossa Ŕyan	80	ST
11	(9)	970-6	DOUB	LE REI	(59) H	Candy 8-13		T Whélan	80	GS
	BETTING: 3 Global Asset, 4 Great Acclaim, 9-2 Heartwarmer, 6 Keady Town, 8 Jackson									
St	Street, Tayala, 14 Advert Rules, 20 Liv My Life, The Ferret.									

Cusano

Beach Point

4.00 DARLEY EBF FILLIES' NOVICE STAKES (GBB RACE) (STR) (2) (3-Y-0) 1m Winner £20,616 (12 run)

1			AMONGST THE STARS D & C Kubler 9-2R Ki			
2	(3)		BERNALDA J Ferguson 9-2	Múscutt	-	-
3	(6)	5-32	CLOVE HITCH (24) A Balding 9-2 (SF)	Murphy	<b>9</b> 7	GF
4	(11)		<b>DESERT TIME</b> H Candy 9-2T			
5	(2)		FIOR DI BOSCO W Haqqas 9-2 T M	arguand	-	-
	(4)		HEAVEN BLESSED W Haggas 9-2 (EW)			
	(12)	0-6	HECKMONDWIKE (23) Harry Eustace 9-2	Bishop	71	G
8	(10)		ICECAP (24) P Owens 9-2B			
9	(7)		IZIPIZI (56) J & T Gosden 9-2 (BF)			
10	(5)	38-	NO MISCHIEF (260) J Portman 9-2 R	Hornby	74	ST
11			SAMBUCUS (29) E Walker 9-2 (F)			
		7-	UPLIFT (211) J & T Gosden 9-2 (BF)K Sf	noemark	75	ST
BE			Clove Hitch, 4 Izipizi, 5 Sambucus, 6 Uplift, Fior Di Bosco			
			ed, 25 Desert Time, Amongst The Stars.			

#### 4.30 RACEHORSE SHARES FROM 25 AT RACINGCLUB.COM

١	TO HANDICAP (3) /T WINNER £14,1/4 (11 run)		
	1 (7) 251-15 UNDER THE TWILIGHT (26) M Blake 6 9-9 (D) T Marguand	99	GF
	2 (8) 343690 NIBRAS ANGEL (28) I Mohammed 4 9-9 (D)	98	GS
1	3 (1) 230-24 HICKORY (33) J Fanshawe 6 9-8 (D) (SF)	100	ST
	4 (5) 13-004 PEARLE D'OR (12) (H) D O'Meara 5 9-6 (BF, CD) (F)Jason Watson	98	G
1	5 (11) 35-306 STERLING KNIGHT (19) E Dunlop 5 9-6 (D) (EW)Rossa Ryan	99	GF
	6 (4) 0136-9 ZOUZANNA (33) Harry Charlton 4 9-3 (BF, D) O Murphy	98	G
1	7 (10) 119-7 GAME SET (22) Owen Burrows 4 9-3 (D)	95	
	8 (2) 117-43 BE FRANK (20) H Candy 4 9-2T Whelan	97	G
1	9 (9) -61452 METAVERSE (22) (H) D'Menuisier 4 9-1 (D)K Shoemark	<b>101</b>	ST
	10 (6) 311739 EPSOM FAITHFULL (26) P Phelan 7 8-11 (D)P Bradley	96	
1	11 (3) 00-000 BOOK OF LIFE (20)   Williams 4 8-10 (D)	89	S
	BETTING: 4 Hickory, 9-2 Pearle D'or, 5 Be Frank, 6 Metaverse, 7 Under The Twilight, Set, Zouzanna, 14 Sterling Knight, Nibras Angel.		
1			

#### 5 05 PUMP TECHNOLOGY HANDICAP (4) 6f

<b>3.0</b> Winner £ 1,328 (12 run)		
1 (1) 416/01 ABBEY HEIGHTS (8) D & C Kubler 6 9-10 (D) (SF) R Kingsco	e 87	G
2 (4) 20-596 HAZIYM (47) A Carroll 5 9-9 (D)Jason Watso		G:
3 (12) 8-9719 CRAZY LUCK (19) B Millman 6 9-9 (CD) (EW)	n 87	G:
4 (3) 3716-8 ORMOLULU (19) (H) J Osborne 4 9-8 (D)	e 88	G
5 (11) 13959- CROW'S NEST (253) G Baker 4 9-8 (D)	e 88	(
6 (2) 29-180 KUWAIT CITY (33) J Butler 4 9-8	y 87	F١
7 (5) 0-9099 RATHBONE (13) M Herrington 8 9-7 (D)C Planas (3	69	(
8 (10) 7-7324 WHENTHEDEALINSDONE (19) R Teal 6 9-5 (CD)	k 89	(
9 (8) -51231 SIXTIES CHIC (19) J Channon 4 9-5 (D) (F)	p 86	G
10 (6) 342-34 TREACHEROUS (13) E De Giles 10 9-4 (CD)	v •91	G
11 (7) 214276 ONE MORE WAVE (15) J Portman 4 9-2 (D)	v 89	S
12 (9) 824-56 STARPROOF (20) W Muir & C Grassick 4 9-1 (D) T Marquar	d 89	G
BETTING: 4 Sixties Chic, 9-2 Whenthedealinsdone, 5 Abbey Heights, 7 Treacher		
More Wave, Crazy Luck, 10 Starproof, 14 Kuwait City.		

#### **5.40** 100/1 FOOTBALL COMES HOME AT BETVICTOR HANDICAP (5) (3-Y-0) 1m 4f Winner £5,757 (10 rum)

1	(2)	5334	NORTH WINTERFELL (41) S Woods 9-11	R Havlin	77	ST
1	2 (8)	755-43	RAKKI (24) A King 9-11	W Buick	80	GF
13			LAURA BAY (27) D Menuisier 9-9 (C) (SF)			G
1			I LOVE PARIS (24) E Walker 9-9			
! ا	(5)	655-	WONDER KID (190) H Palmer 9-7 (EW)	O Murphy	76	ST
			AULIS (28) R Beckett 9-6			
1	(4)	7-07	HOPE RISING (19) C Hills 9-6	R Kinascote	72	GF
18			AL KHAWANEEJ RIVER (19) M Tregoning 9-3 (F)			
			FOREST HILLS (27) B Millman 9-2			
			HARLINGTON (9) R J Smith 8-6 (BF)			
Ĭ	SETTI Vinte	NG: 7-2 rfell, 10	Al Khawaneej River, 5 Laura Bay, 6 Forest Hills, 7 Au Rakki, 12 Hope Rising, I Love Paris, 14 Harlington.	lis, Wonder Kid,	8 No	rth

#### PRO-BET

I Dare You I Love Pari:

4.20 NT

STINTINO SUNSET (5.30 Nottingham) 2pts win.

NEWSBOY
1.45 STORMINGIN
2.20 ANNO DOMINI
2.50 ASIMOV
3.25 GLOBAL ASSET
4.00 SAMBUCUS
4.30 PEARLE D'OR
5.05 SIXTIES CHIC
5.40 AULIS

**BOUVERIE** 1.45 FINN RUSSELL 2.20 ANNO DOMINI 2.50 BORN A REBEL

2.50 BORN A REBEL 3.25 GLOBAL ASSET 4.00 CLOVE HITCH 4.30 HICKORY 5.05 ABBEY HEIGHTS (NAP) 5.40 AL KHAWANEEJ RIVER

GOING: Good to Firm-Good in places. COURSE: Left-handed oval track of 1m 7f, straight mile joins the main circuit just under 5f from home. DRAW: High numbers have a slight advantage on

DRAW: High numbers have a slight advantage on the straight course. TOP TRAINERS: R Hannon 53-459 (11.5%), W Haggas 41-191 (21.5%), J. 8.T Gosden 32-165 (19.4%), A Badding 27-255 (10.6%), R Beckett 22-168 (13.1%), E Walker 22-164 (13.4%), C Appleby 21-75 (28.0%), G & J. Moore 16-170 (9.4%), C Hillis 51-39 (10.8%), E J-Houghton 11-134 (8.2%), TOP JOCKEYS: Tom Marquand 43-263 (16.3%), Osin Murphy 36-218 (16.5%), William Buick 31-174 (17.8%), Jim Crowley 30-177 (16.9%), Sean Levey 25-191 (13.1%), Jason Waltson 20-129 (15.5%), David Egan 18-150 (1.2%), Rossa Ryan 13-129 (10.1%), Hector Crouch 12-83 (14.5%), Kieran Shoemark 12-138 (8.7%), Charles Bishop 11-161 (6.8%), Richard Kingscote 11-168 (6.5%). TRAINER TARGETS (won today's race at least twice in last 10 years): E Walker won the 5.40 in '17 and '21.

won the 5.40 in '17 and '21.

1ST TIME BLINKERS: 2.50 Show Biz Kid, 3.25 Liv My Life.

3.25 Lw My Life.

CHEKPIECES: 1.45 Champagne City, Flame
Of Kodiac, 2.50 Beauty Generation, 4.30 Epsom
Faithfull, Hickory\*, Sterling Knight, 5.05 Crow's Nest,

Rathbone, Whenthedealinsdone.

TONGUE STRAPS: 1.45 Expert Witness,
Lenny's Spirit, 2.50 Asimov, Havanarama, 4.30 Book
Of Life', Nibras Angel, 5.05 Hazlym, 5.40 North
Witnefell. ("=1 st time).

1ST RUN SINCE WIND OP: 4.00 Heaven
Placend F. Die Crayle Mort

1ST TIME HOODS: 2.50 Warriors Dream.
PROFITABLE RACES FOR FAVS: 5.40.

#### IN FORM

TRAINERS: B Pauling 3-6 (50%), P & 0 Cole 2-4 (50%), S Bowring 2-4 (50%), A Honeyball 3-7 (43%), J Tickle 3-8 (38%). JOCKEYS: Kaiya Fraser 3-7 (43%), Kyle Strydom 2-5 (40%), Harry Skelton 9-25 (36%), Henry Brooke 6-20 (30%), Pierre Jamin 3-10 (30%).

Sugarloaf Lenny Sunshine Girl

#### TODAY'S ABC GUIDE TO FIVE UK MEETINGS MUSSELBURGH - MU

Fortunate Star

Rioja Alta Rocky's Glory Rogue De Vega Rosenzoo Royal Duke Royal Diservatory Saachi Salamanca City Sambucus Sarakana Scarriff Scrum Diddly Sea Of Charm Seattle Time Secret Handsheikh Selectivelistening Seraph Gabriel Seraphica Little Heron Little Miss India Liv My Life Long Call Norton Hill
Notre Dame
Obelix
One More Fleurie
One More Wave
Organ
Ormolulu
Pacific Prince
Parc d'Amour
Party Business
Patontheback
Pearle D'or
Peking Rose
Pembrokeshire
Percussion 7.25 WO 3.10 NT 3.45 NT 6.50 WO 5.05 NB 2.20 NB 5.05 NB 2.40 NT 6.20 WO 6.50 WO 8.15 MU 6.50 WO 8.15 MU 6.50 WO 3.10 NT 4.10 YA 3.00 YA 8.25 WO 4.40 YA 4.40 Y Beach Point
Beaming Light
Beannaigh Do
Beauty Generation
Bellagio Man
Benacre
Berkshire Kameo
Bernalda
Bernard Spierpoint Fortunate Star Francesco Baracca Furnicoe Galway Reel Game Set Garitsa Bay Gert Lush Ghost Pepper Giulietta Cusanu
Daijoor
Dain Ma Nut In
Dancingontheer
Dark Soldier
Dashing Willie
Deep Spirit
Delicacy
Desert Quest NEWBURY - NB NOTTINGHAM - NT WORCESTER - WO YARMOUTH - YA A Poet's Secret Jarisin Barisin Barisi Long Call Love Is A Rose Manali Marianglas Mary Master Zoffany Matterhorn Abbey Heights Intrusively Invited Izipizi Bernard Spierpo Blazing Court Blue Akoya Blue Akoya Blue Yonder Book Of Life Boombawn Born A Rebel Boudica Warrior Brief Times Bucko's Boy Call Me Sainte Calvic Camino Rocio Desert Quest
Desert Time
Devious Devar
Doomsday
Dorset Lady
Double Red
Dr T H G Giulietta Global Asset Golden Rainbov Good Good Goo Goodtimecrew Great Acclaim Great Blasket Ajdayet Ajp Kingdom Al Khawaneej River Albus Anne Alexander James Amongst The Stars 5.50 WO 3.10 NT 1.45 NB 4.30 NB 2.40 NT 6.50 WB 1.45 NB 2.00 YA 4.00 NB 6.50 WO 4.10 YA 1.45 NB 2.00 YA 2.20 NB 4.10 YA 2.10 NT 2.30 YA 4.10 YA 2.10 NT 8.25 WO 2.50 NB 4.20 NT 8.25 WO 2.50 NT 8.25 WO 5.30 NT 8.25 WO 8.30 NT 8.30 NT 8.30 NT 8.30 NT 8.30 NT 8.40 YA 8.410 YA 8.420 NT 8.430 NT 8.430 NT 8.430 NT 8.430 NT J Street Jac Jumper Jack The Sava Jackson Stree Mays Hill Mc's Wag Mehigburn Mehmasself And I 7.10 MU 5.50 WO 8.25 WO 3.25 NB 7.55 WO 9.00 WO 6.50 WO 4.55 NT 7.25 WO 6.10 MU 4.40 YA 7.10 MU 3.25 NB 8.15 MU 4.3U NB 6.20 WO 2.50 NB 9.00 WO 7.25 WO 7.25 WO 5.50 WO 5.50 WO Pembrokeshire
Percussion
Phoenix Duchess
Piper's Fort
Placated
Platenium
Porfin
Post Rider
Prince Of Bel Lir
Protest Rally
Quick Of The Night
Racing Vicar Amongst The S Amrons Sage Amroon Anglo Saxson Anif Anno Domini Another Jack Merrimack
Metaverse
Metaverse
Mews House
Mighty Ruler
Military Queen
Miss Sunset Strip
Montecristo Gold
Morening Spirit
Mountain Lake
Mr Yeats
Mrs Trump
Murbih
My Bonnie Lassie
Mystical Sky
Naepoint
National Interest
New Bombay
Nibras Angel
No Mischief
Noah's Light Dr T H G
Dreaming Diamor
Dublin Four
Duke Wellington
Ebony Warrior
Edergole's Gift
Elemental Eye Harlington
Harry The Haggl
Harswell Dandy
Havagomecca
Havanarama
Haziym
He's Got Game
Heartwarmer
Heaven Blesser
Heavenly Fire Seraph Gabriel Seraphic She's The Danger Shibuya Storm Show Biz Kid Shuil Donn Sir Benedict Elemental Eye
Em Jay Kay
Em Lay Kay
Enchanteo Night
Enderman
Enchanteo Night
Enderman
Espom Faithfull
Eternal Sunshine
Expert Witnes
Fantasy Navigator
Faster Bee
Fiftyshadesaresdev
Finn Russell
Fiftys Liliance
First Alliance
Filame Of Kodiac
Filight Deck
Fly Liberty Fly Camino Rocio
Carmarthen
Cawthorne Cracker
Champagne City
Change Of Fortune
Channel Packet
Charming Whisper Aomori City Arkhalia Flynn Artavian 2.50 NB 5.05 NB 7.40 MU 3.25 NB 4.00 NB 3.35 YA 4.00 NB 3.00 YA 4.30 NB 3.00 YA 4.30 NT 3.00 YA 6.50 VA 5.40 NB 5.40 NB 8.25 WO 1.45 NB 1.45 NB 5.30 NT 9.00 WO 2.20 NB 4.00 NB 7.25 WO 9.00 WO 9.00 WO 5.30 NT 7.40 MU 4.20 NT 5.05 NB 5.05 NB Keep Me Stable
Kento
Khangai
Kissininthebaci
Krysdanjord
Kuwait City
La Verite
Lady Showtime
Lallygag
Laplander
Laura Bay
Lenny's Spirit
Leveche
Jinsink Sir Benedict
Sixcor
Sixcor
Sixties Chic
Smart Charger
Somespring Special
Sparkle In His Eye
Spook
Sporty Jim
Starproof
Starshot
Stat Goddess
Sterling Knight
Stintino Sunset Racing Vicar Raft Up Rakki Rathbone 4.20 NT 5.30 NT 3.00 YA 4.10 YA 5.05 NB 4.10 YA 7.55 WO 7.25 WO 2.20 NB 5.40 NB 1.45 NB 6.10 MU Ascension Day
Asimov
Athollblair Boy
Atlantic Gamble
Aulis
Autumn Flight
Baikal
Bakersboy
Bari Breeze
Baroque Buoy
Battleofbaltimo
Be Frank Charming Whisper Chooch Clever Jack Clove Hitch Coltor Conna Sue Copper Mountain Count Palatine Crafty Spirit Crazy Luck Crow's Nest Heavenly Fire
Heckmondwike
Henry The Fifth
Hickory
Hidden Pearl
Highland Lil
Hill Spirit
Hitching Jacking
Hope Rising
Hotspur Harry
Hugo Cameron Rathbone
Ravensbourne
Reach For The Mo
Realised
Red Force One
Regency Boy
Reine Des Coeurs
Rhapsody In Blue
Rhubarb 2.30 YA 7.55 WO 2.00 YA 6.40 MU 5.30 NT 4.10 YA 2.30 YA 4.55 NT 4.20 NT

#### NOTTINGHAM

#### NEWSBOY 2.10 AOMORI CITY 2.40 INDEMNITY 3.10 LITTLE HERON 3.45 YORKSHIRE

GOING: Good-Good to Firm in places. COURSE: Left-handed oval track of 1 m 4f, straight 6f course, flat with easy turns. DRAW: 45f and 6f low numbers slightly favoured when stalls on the far side. At 5f and 6f high numbers best when stalls on the stand side.

TOP TRAINERS: M Appleby 30-211

AOMORI CITY 2.10 AOMORI CITY
2.40 INDEMNITY
3.10 LITTLE HERON
3.45 GREAT BLASKET
4.20 RHYTHMIC ACCLAIM
4.55 MRS TRUMP
5.30 STINTINO SUNSET

CHEEKPIECES: 3.10 Highland Lil\*, Intertwined\*, 3.45 Master Zoffany, 4.20 Bellagio Man, Crafty Spirit, Kento\*, Prince Ot Bel Lir, 4.55 Enchanted Night, Furnicoe, Jos Kid, Sir Benedict, 5.30 Bakersboy, Channel

Packet, Cryptos Dream, Hurtle.

TONGUE STRAPS: 3.45 Sudden
Ambush, Yorkshire, 4.20 Em Jay Kay\*, Ambush, Yorkshire, 4.20 Em Jay Kay\*, 5.30 Copper Mountain, Hurtle, Khangai.

1ST RUN SINCE WIND OP: 3.45

## AOMORI CITY C Appleby 9-7 (SF) \_\_\_\_\_\_ James Doyle 6 DR T H G (17) E Dunlop 9-7 (F) \_\_\_\_\_ D Probert 66 GS INTRUSIVELY E Bethell 9-7 \_\_\_\_\_ C Rodriguez 0 MEHMASSELF AND I (27) T Dascombe 9-7 \_\_\_\_ P-L Jamin 54 G MYSTICAL SKY C Johnston 9-7 \_\_\_\_ P-L Jamin 54 G MYSTICAL SKY C Johnston 9-7 \_\_\_\_ J Hart 3 FLY LIBERTY FLY (17) M Botti 9-2 \_\_\_\_\_ H Doyle 62 GS 4-5 Aomori City, 6 Intrusively, 7 Fly Liberty Fly, Mystical Sky, sself And I, Dr T H G.

#### IRO2024 DAILY GIVEAWAYS ON RHINO.BET MAIDEN AKES (GBB RACE) (5) 1m Winner £3,780 (11 run) 9 BEAMING LIGHT (13) L Horsfall 4 10-2 ...... Joanna Mason 49 G HUGO CAMERON (26) M Appleby 4 10-2.... INDEMNITY (17) R Varian 4 10-2 (BF) (SF) ...

6 PACIFIC PRINCE (13) H Palmer 3 9-5... 0 TRIP TO VENICE (11) E Dunlop 3 9-5 ... 3-2 WASHEEK (54) K R Burke 3 9-5 .... .S De Sousa ..C Lee 71 G WOOF (310) M Rimell 3 9-5
INA MINA W Haggas 3 9-0
LITTLE MISS INDIA I Williams 3 9-0 (EW) 3-8 Indemnity, 9-2 Ina Mina, 5 Ajdayet, Washeek, 6 Devious nce, 16 Little Miss India, 50 Trip To Venice.

#### 3.10 CHARGE UP YOUR SUMMER WITH RHINO.BET FILLIES' HANDICAP (5) (3-Y-0) 1m £4,187 (11

•		_	TIEBLES THATBION (S) (S I S) IIII	- 7.0. (	,
ı	(9)	-34	MARIANGLAS (25) E Bethell 9-10	C Rodriguez	74 ST
2	(1)		LITTLE HERON (8) M Bell 9-10 (SF)		
3	(3)	828	PHOENIX DUCHESS (23) Harry Eustace 9-10.	A Keeley (3)	75 GF
4	(10)		POST RIDER (23) P & O Cole 9-9 (D) (F)		
5	(2)		<b>DELICACY</b> (19) R Hannon 9-9		
6	(5)		BLUE AKOYA (19) (H) T Ward 9-8		
7	(4)		INTERTWINED (21) B Meehan 9-7 (EW)		
В	(11)		NOTRE DAME (61) J Feilden 9-5 (D)		
9	(8)		I DARE YOU (261) W Muir & C Grassick 9-5		
10	(7)		HIGHLAND LIL (22) T Dascombe 9-3		
1	(6)	-80	YELLOW LEMONS (21) R Hannon 9-2	S Hitchcott	72 GF
BE	TTING	G: 4 L	ittle Heron. 5 Marianglas. 6 Post Rider. Delic	acv. 7 Notre Da	ime.

#### **3** A FOLLOW US ON X AT BETRHINO HANDICAP (3)

J	•		1m Winner £9,277 (7 run)	
1	(2)		BENACRE (13) C Johnston 4 9-9James Doyle	
2	(5)	-12	YORKSHIRE (12) E Bethell 4 9-9 (BF) (F) C Rodriquez	96 G
3	(7)	100	SUDDEN AMBUSH (40) A Balding 4 9-5 (D) D Probert	97 ST
4	(3)	700	MASTER ZOFFANY (34) R Fahey 6 9-5 (D) O McSweeney (3)	93 SS
5	(4)	-00	OBELIX (32) J Camacho 4 9-5 (D)Ryan Sexton	90 GS
6	(1)	9-0	ACOTANGO (46) Harry Charlton 4 9-3 (BF, D)F Marsh	97 ST
7	(6)	112	GREAT BLASKET (11) (B) Dr R Newland & J Insole 4 9-1 (BF, D) (SF)	
			U.B. d.	^^ ^

H Doyle 98 G BETTING: 15-8 Great Blasket, 2 Yorkshire, 6 Benacre, 10 Acotango, Sudden Ambush, 12 Master Zoffany, 16 Obelix.

#### 4.20 DISCOVER WHATS TRENDING AT RHINO.BET CASINO HANDICAP (6) 6f Winner £3,402 (13 run)

1	(6)	157	FORTUNATE STAR (22) (B) D Carroll 4 10-4 (C) Z Wheatley (3)	67 S
2	(5)		PRINCE OF BEL LIR (12) J Parr 6 10-4 (CD)Alice Bond (7)	68 G
3	(7)	111	RHYTHMIC ACCLAIM (6) P McBride 4 10-3 (D) (SF) A Farragher	●72 G
4	(12)	686	ATHOLLBLAIR BOY (12) N Tinkler 11 10-2 (D1).F McManoman	69 G
5	(11)		LIPSINK (268) M Appleby 7 10-1 (D) A Rawlinson	71 S
6	(3)	222	EM JAY KAY (26) P McEntee 5 10-1 (D)Josephine Gordon	68 ST
7	(10)		BELLAGIO MAN (102) A Brittain 6 10-0 (D)Mark Winn (3)	68 GS
8	(2)	758	SHE'S THE DANGER (12) (B) S Bowring 5 9-12 (D) L Edmunds	68 GF
9	(4)	-13	<b>RAFT UP</b> (14) H Bethell 3 9-10 (D) <b>Joanna Mason</b>	67 ST
10	(13)	222	ENDERMAN (16) (B) P Midgley 6 9-9 (BF, CD) D Nolan	69 S
11	(9)	364	KENTO (21) Tom Clover 3 9-8	70 ST
12	(1)	-01	CRAFTY SPIRIT (15) C Cox 3 9-4 (D) (F)	67 ST
13	(8)	454	ASADJUMEIRAH (17) (V) A Brittain 6 9-4 (CD) (EW)C Hardie	67 SL
BE.	TTING	: 3 R	hythmic Acclaim, 9-2 Crafty Spirit, 7 Enderman, Em Jay Ka	у.

#### 4 55 BOOST YOUR WINNINGS AT RHINO.BET HANDICAP

$\neg$	гоч	$\cdot$	(0) 31 Willier £3,402 (11 rull)	
1	(3)		ROGUE DE VEGA (10) (H) A Brittain 4 9-11 (D) C Hardie	70 ST
2	(8)	365	SECRET HANDSHEIKH (16) (B) J Gallagher 6 9-11 (D) H Doyle	69 ST
3	(6)		<b>TOPTIME</b> (12) S Bowring 6 9-10 (D) (F)L Edmunds	67 GS
4	(4)	587	SIR BENEDICT (15) Mrs Stella Barclay 6 9-5 (D) J Hart	68 GS
5	(11)	425	RHUBARB (13) R J Price 7 9-4 (CD) (EW) D Probert	69 GF
6	(10)	161	MRS TRUMP (9) P Midgley 4 9-3 (D) (SF)Mark Winn (3)	●71 GF
7	(1)		MURBIH (15) (B) A Brittain 5 9-2 (D) D Nolan	66 ST
8	(7)	479	JOSIES KID (20) Alice Haynes 5 8-12 (D) Howarth (3)	69 G
9	(2)		THE GREY LASS (6) M & D Easterby 5 8-11 (D) Joanna Mason	67 GF
10	(5)		ENCHANTED NIGHT (9) C Dunnett 6 8-11 (D) R Ffrench	69 S
11	(9)	900	FURNICOE (31) M Appleby 4 8-11 S De Sousa	53 ST
RF	TTING	• 11-7	l Mrs Trumn 7-2 Tontime 6 Poque De Vega Enchanted Nigh	ıt

#### BETTING: 11-4 Mrs Trump, 7-2 Toptime, 6 Rogue De Vega, Enchanted Night. 5 30 FOLLOW RHINO.BET ON INSTAGRAM HANDICAP (6)

•	J.J	v	1m 2f Winner £3,402 (13 run)	
1	(12)	0-9	<b>ZAFAAN</b> (16) K P De Foy 4 9-10 (EW)	65 ST
2	(7)	446	CRYPTOS DREAM (43) A Carroll 5 9-9 (D) Jack Doughty (7)	68 SS
3	(4)	533	STINTINO SUNSET (17) (H) J Feilden 4 9-9 (D) (SF) Dylan Hogan	64 SS
4	(8)		BAKERSBOY (24) Alice Haynes 6 9-8 (D) C Howarth (3)	59 ST
5	(3)		KHANGAI (17) (B) M Rimell 4 9-7 (D) H Doyle	69 S
6	(2)		REGENCY BOY (17) (B) Steph Hollinshead 4 9-7 D Nolan	62 S
7	(1)	078	<b>STARSHOT</b> (15) J Bedi 4 9-7 <b>JP Sullivan</b>	58 GS
8	(5)	382	WALLAROO (31)   Furtado 6 9-6 (F)Elle-May Croot (7)	65 G
9	(13)	920	HURTLE (23) P & 0 Cole 4 9-6 (BF)DOUBTFUL	
10	(10)	780	LONG CALL (20) A Carroll 11 9-6 (D)W Carson	59 G
11	(6)	660	HOTSPUR HARRY (12) R Eddery 7 9-5 (CD)F Marsh	66 ST
12	(11)	523	COPPER MOUNTAIN (45) M & D Easterby 5 9-4 Joanna Mason	65 G
13	(9)	456	CHANNEL PACKET (8) M Appleby 10 9-0 (CD) A Rawlinson	60 ST
				_

#### **TODAY'S BAGS DOGS**

SHEFFIELD 11.01 Distant Headline (6-5-3) 11.18 Neverendingstory (6-4-3) 11.34 Ballymac Kenzie (1-3-5) 11.52 Paradise Jordan (3-2-6) 12.09 Are Malikian (Nap) (1-4-3) 12.26 Tommys Image (1-6-2) 12.42 Easy George (5-2-6) 12.59 Bower Hilda (4-1-5) 1.17 Cocca Puff (6-1-4) 1.33 Slippy Shannon (2-6-3) 1.51 Pelorus Jack (1-2-4) 2.07 Tornaroy Trouble (3-4-6). NOTTINGHAM 11.09 Twolikelyfelias (4-5-1) 1.12 Craystokes Berni (Nap)

Diablo (4-6-5) 12.34 Da Bomber (2-6-1) 12.51 Marmalade Bear (4-2-6) 1.08 Ravenshill Anna (6-1-3) 1.26 Toryview Diva (6-2-3) 1.42 Nidordalesummer (4-5-2) 1.59 Emers Leader (3-5-4) 2.14 Peerless Percy (6-2-4). ERAYFORD 2.23 Master Monday (6-3-1) 2.41 Choices Pat (5-4-6) 3.01 Moaning Mccoist (2-6-5) 3.19 Earls Rosie (6-3-2) 3.38 Nunhead Shiv (Nap) (6-3-1) 3.57 Moaning Versace (3-5-2) 4.16 Moaning Medow (1-5-2) 4.34 Mind Your Toes (3-1-6) 4.53 Snowdon Star (1-5-2) 5.12 Tommys Business (1-4-9) 5.31 Carmac Coco (3-5-1) 5.49 Le Fou (6-5-1).

#### YARMOUTH

GOING: Soft-Good to Soft in places.
COURSE: Left-handed oval, flat, galloping track of 1m 4f, straight mile course.
DRAW: High best on the straight course.
TOP TRAINERS: Miss A Murphy
15.0F (15.90). Top Clears 15.0F (15.60). 5.8%), Tom Clover 15-96 (15.6%), G

Boughey 14-80 (17.5%). **TOP JOCKEYS:** Callum Shepherd 19-168 (11.3%), Luke Morris 13-159 (8.2%), PROFITABLE FOR FAVS: 4.10.

CHEEKPIECES: 2.00 Alexander James Anif, 3.00 A Poet's Secret, Smart Charger\*, 3.35 Duke Wellington, Merrimack\*, Miss Sunset Strip, Too Much Trevor, 4.10 La Verite\*,

Sunser Strip, 100 Mulch Trevor, 4. 10 La Ve 4.40 Mc/s Wag\*, Mehigburn, Porfin. TONGUE STRAPS: 2.00 Alexander James, Harry The Haggler, 3.00 A Poet's Secret, Henry The Fifth, 3.35 Merrimack, Tibal Chief, True Blue Gent, 4.10 Amroon

#### 2 OO QUINNBET SECOND TO THE FAVOURITE SPOT

1	L	••	V	APPRENTICE H'CAP (6) 7f £3,768 (7)	v	l
1		(1)		ALEXANDER JAMES (35) M Herrington 8 9-9 (D)O Timms (5)	70	GS
2	2	(4)		LOVE IS A ROSE (9) M Wigham 4 9-9 Brandon Wilkie	63	
3	}	(5)		SEATTLE TIME (22) (H) Jack Jones 4 9-8 (BF) (SF) J Leavy	<b>●73</b>	GS
4	ļ	(6)	623	HARRY THE HAGGLER (27) S C Williams 4 9-8 (D) (F) L Catton	72	ST
5	,	(7)	903	REALISED (17) (B) Harry Eustace 4 9-6 Kaiya Fraser	68	GS
6	,	(3)	069	ZINA COLADA (28) G Margarson 4 9-4 (C). Mikkel Mortensen (3)	70	G
7	•	(2)	561	ANIF (17) M Herrington 10 9-2 (C, D) S Feilden (3)	68	ST
E	BET	TING	: 9-4	Harry The Haggler, 5-2 Seattle Time, 11-2 Realised, Alexander	Jame	es.
4	7	•	1	CHARLES LUMSDEN/ATL MEMORIAL NOVICE STA	KFS	

_		•	CHARLES COMSDENSALL MEMORIAE NOTICE STA	IIVES	,
	.J	V	(GBB RACE) (5) 6f Winner £4,320 (7 run)		
	(3)	5-5	ARKHALIA FLYNN (19) (H) J Channon 3 9-7E Greatrex	74	G
2	(7)	332	TOURIST (5) H Kobeissi 3 9-7 (SF) L Morris	<b>86</b>	G
3	(1)		GOOD GOOD GOOD G Boughey 3 9-2 (F) Billy Loughnane	-	-
4	(4)	9-6	MILITARY QUEEN (20) (H) S Woods 3 9-2D Keenan	69	G
5	(6)	9-3	RAVENSBOURNE (153) (V) M Murphy & M Keady 3 9-2		
			Sorcha Woods (7)	82	ST
5	(2)	06	RHAPSODY IN BLUE (21) (H) M Murphy & M Keady 3 9-2 . R Oliver	65	ST
7	(5)		SHIBUYA STORM G Margarson 3 9-2 C Shepherd	-	-

BETTING: 2 Tourist. 10-3 Good Good Good. 9-2 Arkhalia Flynn. Ravenshi

3.00 QUINNBET ACCA BONUS HANDICAP (6) 1m 6f Winner £3,768 (9 run) -21 SMART CHARGER (22) A King 4 9-10 (C) (SF) .... Wilkie (5) 747 KISSININTHEBACKROW (12) (H) Dr R Newland & J Insole 5 9-9 Billy Loughnane
183 TOTAL LOCKDOWN (10) Martin Dunne 5 9-3 (C)......D Keenan 

#### **BEST LONGSHOT** STERLING KNIGHT (4.30 Newburv) **STAT OF THE DAY**

Trainer Ed Dunlop and jockey Miss Sophie Smith have a 67 per cent strike rate when teaming up at Newbury — 2 wins from 3 runners for a level-stake profit of +£37.50pts. So look out for LENNY'S SPIRIT (1.45).

NEWSBOY .00 SEATTLE TIME (NAP) 3.35 TRIBAL CHIEF (NB)
4.10 AMROON
4.40 BERNARD SPIERPOINT

BOUVERIE
2.00 SEATTLE TIME
2.30 TOURIST
3.00 HILL SPIRIT
3.35 BEACH POINT
4.10 EDERGOLE'S GIFT
4.40 BERNARD SPIERPOINT

#### 2 25 QUINNBET 'CONFINED' HANDICAP (6) (3-Y-0) 1m

	•		J	Winner £3,768 (13 run)	
	1	(4)		SALAMANCA CITY (17) (H) J Fanshawe 9-11 (EW)R Coakley	71 G
	2	(8)	581	TRIBAL CHIEF (11) D Menuisier 9-11(6ex) (D) (F) Kyle Strydom	70 GF
	3	(2)	488	DUKE WELLINGTON (19) A Watson 9-9DOUBTFUL	
	4	(12)	-38	TOO MUCH TREVOR (19) Alice Haynes 9-9K O'Neill	64 GF
ı	5	(11)		SAACHI (49) Harry Eustace 9-9 Kaiya Fraser (5)	69 ST
ı	6	(3)	221	MISS SUNSET STRIP (49) Miss A Murphy 9-9G Wood	70 ST
ı		(7)	722	BAROQUE BUOY (22) G Scott 9-9Liam Wright (5)	72 ST
ı	8	(10)	212	BEACH POINT (21) W Knight 9-7 (BF, D) (SF) C Shepherd	74 G
ı	9	(1)	454	HEAVENLY FIRE (16) Jack Jones 9-6 J Peate (3)	69 ST
ı	10	(13)	-98	MERRIMACK (16) S C Williams 9-4L Catton (5)	72 ST
ı	11	(6)	971	ATLANTIC GAMBLE (22) W Knight 9-4 (D)Brandon Wilkie (5)	72 ST
	12	(9)	-20	TRUE BLUE GENT (22) (B) M Botti 9-3 Billy Loughnane	73 SS
ı	13	(5)	-28	MONTECRISTO GOLD (131) (B) Tom Clover 9-2 (D) . R Dawson	●75 ST
ı				Beach Point, 5 Tribal Chief, 6 Atlantic Gamble, 13-2 Miss	
ı	Stı	rip, 7	Baroq	ue Buoy, 8 Salamanca City, 14 True Blue Gent, 16 Montecrist	o Gold.
ı			_	AUDINDET DAILY FORE DET HANDIGAD (C) (2 V	0) (5

#### 4.10 QUINNBET DAILY FREE BET HANDICAP (6) (3-Y-0) 6f

۰	t. I	U	Winner £3,768 (11 run)	
	(4)	76-	REINE DES COEURS (185) G Boughey 9-11 (EW). Billy Loughnane	52 ST
2	(7)		CARMARTHEN (264) J Channon 9-10E Greatrex	41 FM
}	(6)	991	MOREGINPLEASE (14) (B) J Ryan 9-9 (D)	64 G
ļ	(8)		AMROON (21) M Botti 9-9 (BF, D) (F) Brandon Wilkie (5)	●65 ST
j	(2)	346	KRYSDANJORD (21) Darryll Holland 9-9 (BF) (EW) J F Egan	59 GS
,	(10)	653	EDERGOLE'S GIFT (14) C Allen 9-7 (BF) (SF)D Keenan	64 GF
•	(5)		MANALI (9) J Butler 9-6 R Dawson	60 G
}	(9)	-80	BATTLEOFBALTIMORE (23) (B) D Cunha 9-6K O'Neill	63 ST
)	(11)	434	PIPER'S FORT (13) A Watson 9-6 L Morris	63 SS
0	(1)	757	LA VERITE (13) R Cowell 9-5 C Shepherd	60 ST
1	(3)	884	ANOTHER JACK (14) (H) K Jewell 9-0	61 GF
			Amroon, 4 Moreginplease, 9-2 Edergole's Gift, 6 Krysd	anjord,
_	2 0-	D-	a Casuma O Dinawa Faut 12 Anathau Isak 14 Caumauthan	

#### 4.40 QUINNBET BEST ODDS GUARANTEED CLASSIFIED STAKES (6) 6f Winner £3,350 (10 run) 1 (6) 848 AUTUMN FLIGHT (29) (8) P McEntee 8 9-9 (9) (EW)

Grace McEntee (3) 50 G 

#### WORCESTER

6 7 8

GOING: Good. COURSE: Left-handed 1m 5f oval, flat with long straights and easy turns. There are nine

tong stagins and easy time. Intered are interested fences per circuit and a run-in of 220 yards. TOP TRAINERS: F 0'Brien 40-186 (21.5%), N Mulholland 28-180 (15.6%). TOP JOCKEYS: Sam Twiston-Davies

TOP JOCKEYS: Sam Twiston-Davies
43-233 (18.5%), Sean Bowen 31-141
(22.0%), Harry Cobden 21-88 (29.9%).
1ST TIME BLINKERS: 7.25 Coltor.
CHEEKPIECES: 5.50 Bari Breeze,
Blazing Court, Calvic\*, Carnino Rocio, Noah's
Light, What A Steal, 6.50 Hitching Jacking,
Morning Spirit, Party Business, Percussion,
Scrum Diddly, Tiger Orchid, 7.25 Mr Yeats,
Peking Rose\*, Sporty Jim, 9.00 Boudica
Warnirg Conditinecrew\*

TONGUE STRAPS: 5.50 Bari Breeze, Call Me Sainte, Jac Jumper, Noah's Light, What A Steal, 6.20 Matterhorn, Parc d'Amour, What A Steal, 6.20 Matterhorn, Parc d'Amour, Somespring Special, 6.50 Dublin Four, Percussion, 7.25 Brief Times, Lallygag, Norton Hill, Peking Rose, 7.55 Dorset Lady, Ebony Warrior, Groundbreaker\*, Jacobs Acre, Rocky's Glory, Vocito, 8.25 Baikal, Cawthorne Cracker, Jack The Savage, Platenium, Seraphic, Shull Donn\*, 9.00 Chooch, Dancingontheedige, Goodtimecrew. (\*=1st time).

1ST RUN SINCE WIND OP: 7.25 Coltor, 7.55 Groundbreaker, 9.00

Dancingontheedge.

1ST TIME HOODS: 7.55 Groundbreaker.

PROFITABLE RACES FOR FAVS:

#### 

	2 6-7	2 CAL	.VIC (23) S	Edmunds	8 11-13 (	D) (F)	C I	Hammond	95	(
	3 3P	- BLA	ZING CO	<b>URT</b> (51)	) M Keigh	lev 6 11-12	(EW)	J Best	-	
	4 -6	i WH	AT A STE	AL (12) 1	R Georg	e 7 11-11 (C	D)	.S Bowen	97	
								J Powell		
	6 -P:	3 DRE	AMING I	DIAMON	<b>D</b> (17) F	O'Brien 71	1-3 (C)	J J Burke	-	
								H Cobden		G
								OUBTFUL		
								tones (3)	95	(
								R Jones		(
	11 P5	- CAL	L ME SA	INTE (58	B) (H) N H	lawke 7 10-	2	D Noonan	95	
	BETTING: 7									one
	13-2 Camino	Rocio	, 12 Bari E	Breeze, E	Blazing	Court, 16	Jac Jum	per.		
	2023: MOLE C									
	6 20	SEP	RAIL S	AFETY	DAY N	OVICES	S' LIMIT	ED HAN	DIC	۱P
8		~								

#### 6.20 SEP RAIL SAFETY DAY NOVICES' LIMITED HANDICAP CHASE (3) 2m 110vds Winner S6 170 (4)

J	CHASE (3) 2m 110yds Winner £6,179 (4 run)		
13	BOOMBAWN (17) D Skelton 7 11-10 (BF, D) H Skelton	140	GS
-1	MATTERHORN (32) P Nicholls 6 11-3 (D) (SF) H Cobden	<b>146</b>	G
-1	PARC D'AMOUR (22) K Bailey 7 11-1 (D) (F) G Sheehan	138	Н
	SOMESPRING SPECIAL (26) A Honeyball 6 10-7 (BF. D)		
	R Codfroy	1/13	C

BETTING: 7-4 Matterhorn, 2 Parc d'Amour, 5-2 Boombawn, 13-2 Somespring

#### 6.50 JENNINGSBET IN PELSALL HANDICAP CHASE (3) 2m 7f Winner £6,179 (11 run)

-5P PARTY BUSINESS (2)   Williams 8 12-0C J Todd	-	
F/7 DUBLIN FOUR (38) D Killahena & G McPherson 10 11-10 K Woods	-	G
42- PERCUSSION (50) L Morgan 9 11-7 A Wedge	136	
35- TIGER ORCHID (142) Dr R Newland & J Insole 9 11-7 (CD) C Hammond	134	
5-6 HITCHING JACKING (26) D Skelton 7 11-6 (F)DOUBTFUL		
5-P AMRONS SAGE (27) N Henderson 7 11-6 N De Boinville	135	G
3-1 SCRUM DIDDLY (22) Harry Derham 6 11-6 (SF) .Paul O'Brien	132	
4-2 MORNING SPIRIT (37) Jonjo & A O'Neill 9 11-4 . Jonjo O'Neill Jr	133	
P-P AJP KINGDOM (31) F O'Brien 7 11-1 (CD) C Brace	-	
2-5 ONE MORE FLEURIE (33)   Williams 10 10-11 (EW) S Bowen	<b>137</b>	
313 JESSIE LIGHTFOOT (14) Henry Oliver 10 10-2 D Noonan	128	G
TTING: 7-2 Scrum Diddly, 6 Morning Spirit, 13-2 Amrons Sage, 8 Percu ssie Lightfoot, Party Business, One More Fleurie.	ssion	1, 1

#### 7.25 FBC MANBY BOWDLER HANDICAP HURDLE (3) 2m 7f

2P/ COLTOR (F270) (B) D Pipe 7 12-0 J Tudor	-	G
0-0 FLIGHT DECK (33) (B) Deborah Cole 10 11-13 (EW) C Ward (3)	142	G
3P- BRIEF TIMES (229) N Mulholland 8 11-7 H Cobden	-	GS
-04 JUDICIAL LAW (12) Jonjo & A O'Neill 7 11-4 (CD) Jonjo O'Neill Jr		G
0-4 PEKING ROSE (26) F O'Brien 9 11-3 J J Burke		G
20- BUCKO'S BOY (230) J Snowden 9 11-0G Sheehan		G
0-3 LALLYGAG (33) P Nicholls 7 11-0 (SF) Miss O Nicholls (7)	141	G
4-3 NORTON HILL (28) (V) A Honeyball 8 10-10 (BF) (F)		
S Twiston-Davies	139	G

Description: A Bucko's Boy, 9-2 Lallyaga, 5 Coltor, 6 Norton Hill, Brief Times, 8 Peking Rose, 10 Judicial Law, Mr Yeats.

2023: SCARPIA 9 11 6, Nico De Boinville 5-2 (N Henderson), 5 ran.

NEWSBOY 5.50 CALVIC 6.20 MATTERHORN 6.50 MORNING SPIRIT

7.25 NORTON HILL 7.55 REACH FOR THE MOON

BOUVERIE
5.50 CAMINO ROCIO
6.20 MATTERHORN (NB)
6.50 MORNING SPIRIT
7.25 NORTON HILL
7.55 VOCITO
9.26 ACEPISION DAY 8.25 CUSANO 9.00 DANCINGONTHEEDGE 8.25 ASCENSION DAY 9.00 ASA

## 7.55 JENNINGSBET IN WEDNESBURY MAIDEN HURDLE (GBB RACE) (4) 2m Winner £4,193 (12 run) P6- DARK SOLDIER (46) Shelia Lewis 5 11-4...... Sean Houlihan 85- EBONY WARRIOR (160) D Killahena & G McPherson 6,11-4

K Woods	-	-
-45 GALWAY REEL (14)   Williams 5 11-4 (EW)C J Todd	107	G
GROUNDBREAKER (F285) (H) D Pipe 5 11-4 (F)DOUBTFUL		
53- JACOBS ACRE (78) N Mulholland 6 11-4 S Twiston-Davies	101	S
4- REACH FOR THE MOON (127) J Snowden 5 11-4.G Sheehan	99	G
78- ROCKY'S GLORY (52) D J Jeffreys 6 11-4T Bellamy	61	SH
7-P <b>SELECTIVELISTENING</b> (26) T Ellis 5 11-4		
Mr J Andrews (3)	-	-
5-2 <b>VOCITO</b> (28) 0 Murphy 6 11-4 (BF) (SF)S Bowen	<b>117</b>	GS
GHOST PEPPER D J Jeffreys 4 10-13Beau Morgan (5)	-	-
3-P DORSET LADY (6) G Brown 7 10-11R McLernon	-	G
7-6 LADY SHOWTIME (24) N Hawke 5 10-11 D Noonan	-	-
TTING: 13-8 Vocito, 15-8 Reach For The Moon, 10 Jacobs Acre, 14 Galway ony Warrior, 50 Ghost Pepper, Dark Soldier, Rocky's Glory.	Reel	, 25

#### 2023: BAILEYS DERBYDAY 5 11 2, Jack Quinlan 12-1 (Miss A Murphy), 10 ran. 8.25 NAPTON GOLF SOCIETY HANDICAP HURDLE (5) 2m

2-2	ASCENSION DAY (37) S Lycett 7 12-0 (SF)K Woods	<b>106</b>	
-26	JACK THE SAVAGE (14) L Horsfall 7 12-0 (CD) (EW) K Brogan	102	
17-	SHUIL DONN (257) (H) Paul Collins 8 11-12 (D)		
	Mr John Dawson (3)	99	
P-6	<b>BAIKAL</b> (18) A West 5 11-9 (CD) <b>L Edwards</b>	104	
7-3	THE SAD SHEPHERD (35) A Ralph 7 11-9	102	
	CUSANO (17) D Skelton 4 11-4 (F)	99	
	<b>PLATENIUM</b> (37) B Pauling 5 11-4 B R Jones	100	
	GARITSA BAY (17)   Williams 6 11-3	102	
45-	QUICK OF THE NIGHT (275) Dave Roberts 7 11-3J Tidball (5)	98	0
	SERAPHIC (17) S Pearce 4 11-2 N Scholfield	99	
1P-	CAWTHORNE CRACKER (233) O Greenall & J Guerriero		
	5 10-4 (RF) H Rrooke	103	C

5 10-4 (BF) H Brooke 103 GF BETTING: 3 Cusano, 5 Ascension Day, 6 The Sad Shepherd, Garitsa Bay, 8 Jack The Savage, 10 Platenium, Shuil Donn, 12 Cawthorne Cracker. 2023: No corresponding race.

#### 

	1-9	MAKY (36) I WIIIIams 5 12-0 J 1000	91	65
2	4-3	GOODTIMECREW (25) H Fry 6 11-13Miss M Bevan (7)	<b>103</b>	GS
}	4-P	MOUNTAIN LAKE (37) S Allwood 4 11-8 (EW)L Harrison	95	G
ļ	-P3	CHOOCH (16) (H) Jonjo & A O'Neill 5 11-8 Jonjo O'Neill Jr	101	G
;		JANWORTH (36) J Snowden 7 11-5G Sheehan	98	G
,	24-	DANCINGONTHEEDGE (362) P Nicholls 7 11-3 (BF, C)		
		H Cobden		GS
•	2-2	GIULIETTA (30) D Skelton 7 10-13 (BF) (F)	102	G
}	5-5	MAYS HILL (21) F O'Brien 6 10-10	100	G
)	P-2	ASA (21) P Kirby 5 10-3 (BF) (SF) J Williamson (3)	101	G
0		CONNA SUE (418) Mrs N Evans 8 10-2 J Best		GS
1	P-6	BOUDICA WARRIOR (14) J Tickle 5 10-2 B R Jones	94	G
lill, 8	Goodti	sa, 5 Janworth, Mary, 11-2 Dancingontheedge, 6 Giulietta mecrew, 14 Mountain Lake.	1, 7 M	ays

#### **SINGLE-SHOT STAR**

(Top in-form jockey with just one booked ride) Clifford Lee: **WASHEEK** (2.40 Nottingham)

#### LONGEST TRAVELLER

Newmarket-based William Haggas sends NATIONAL INTEREST (6.10), KALLIPPOS (7.10) on a 350-mile trip to Musselburgh.

#### RESULTS & PRICES

£2.10; £1.10, £1.40. Tote Exacta: £3.40.

Tiffecta: £11.80. CSF: £3.97.

2.43: KTESURFER [G Sheehan 11-1) 1; Sea The Clouds (12-1) 2; Paddy

De Pole (15-8f) 3. 6 ran. 4%, ½. (J

Snowden). Tote: £12.80; £4.70, £4.60.

Tote Exacta: £103.50. Tiffecta: £368.30.

CSF: £108.41.

3.13: BELGARI IM [R] | Pagaral 5.46

CSF: £108.41.
3.13: BELGARUM (B J Por 1; Call Off The Dogs (5-2) 2 3.13: BELGARUM (B. J. Powell 9-4f)
; Call Off The Dogs (5-2) 2; Shaw's
Cross (14-1) 3. 7 ran. 16l, 11k. (J Tzzard). Tote: £3.25; £1.80, £1.60. Tote
Exacta: £10.50. Tricast: £58.82. Trifecta:
£58.60. CSF: £8.46. NRs: Conceal,
Groom De Cotte, Princess Midnight.

room De Cotte, Princess ivilariigrii. 3.43: DEAR RALPHY (H Cobden 343: DEAR RALPHY (H Cöbden 9-2) 1; Glorious Mist (80-1) 2; Astroman (11-1) 3. 10 ran. 11-4f He Is A Cracker. 11, %4. (A Honeyball). Tote: \$5.60; £1.80, £9.90, £2.90. Tote Exacta: £192.90. Tricast: £3683.00. Trifecta: £2295.40. CSF: £275.45.
4.13: VILLAGE MASTER (J Bowen 7-4f) 1; Jigginstown King (5-2) 2; Dicey Rielly (9-2) 3. 6 ran. 3%, %4. W Greatrex). Tote: £2.75; £1.50, £1.80. Tote Exacta: £6.50. Trifecta: £16.70. CSF: £6.47.
4.43: BEAT THE HEAT (Sean Houlihan 22-1) 1; Sami Bear (4-1) 2; Nadim

nati .22-1) I; **Sami Bear** (4-1) 2; **Nadim** (15-2) 3. 10 ran. 15-8f Amalfi Bay. 2½, 4½. (J Boyle). Tota: £23.00; £5.40, £1.80, £2.10. Tota Exacta: £110.80. Tricast: £742.30. Trifecta: £907.10. CSF: £109.04.

109.04. 5.18: EARTH CRY (S Twiston-5.18: EARTH CRY (S Iwiston-Davies 9-4) 1; No Mean Feat (40-1) 2; Blow Your Horn (100-30) 3. 9 ran. 4½, 4¼. (N Mulholland). Tote: 83.03; £1.20, 27.70, £1.20. Tote Exacta: £64.00. Tri-cast: £205.56. Trifecta: £233.20. CSF: £99.73. NR: Grain Of Hope. Grain Of Hopel Rule 4 applies to All Bets, deduct 10p in the pound. Placepot: £501.60. Quadpot: £18.00.

#### **YARMOUTH**

\*\*XARMUUTH\*\*
2.00: ORGANIC (P Cosgrave 3-1)
1; Shaws Phoenix (5-1) 2; Doha Bu
Thaila (11-1) 3. 9 ran. 11-4f Rinnovati.
14, 214. (G Boughey). Tote: £4, 30; £1, 70,
£1.90, £3.40. Tote Exacta: £21.60. Tincast: £140.65. Tiffecta: £146.30. CSF:
£18.44. NRs. Little Siskin, Salaamaat.
2.30: SKY SAFARI (D Muscutt 28-1)
1; Santa Croce (3-1j-1) 2; Inherit (3-1j1)3. 13 ran. shd, hd. (J Fanshawe). Tote:
£31.40; £1.40, £6.70, £1.60. Tote Exacta: £144.00. Tiffecta: £785.60. CSF:
£103.28. NR: Lady Pagasa.

acta: X144.00. Infecta: Y785.60. CSF: 5103.28. NR: Lady Pagasa.
3.00: FIVE WINDS (H Crouch 8-11f)
1; Mokaatil (13-2) 2; Twayblade (16-5)
3. 4 ran. 33, 412. (Jack Jones). Tote: 51.73; Tote Exacta: £4.60. Trifecta: £9.00. CSF: £5.77. NRs: Lilkian, Miss Billie, White Mist.
3.30: BALTIC (R L Moore 8-13f) 1; Gold Aura (100-30) 2; Ejaytee (16-1)
3.7 ran hd 3¼. (Harry Chattron). Tote

Gold Aura (100-30) 2; Eljaytee (16-1) 3. 7 ran. hd, 314. (Harry Charlton). Tote: £1.62; £1.10, £1.60. Tote Exacta: £2.80. Tricast: £12.66. Trifecta: £12.30. CSF: £2.70. NR: Churchill Rose.
4.00: MAGIC MEMORIES (T P Queally evensi) 1; Lough Leane (13-2) 2; Lakota Brave (7-2) 3. 5 ran. ½, 1½. (G & J Moore). Tote: £2.00; £1.10, £2.40. Tote Exacta: £7.00. Trifecta: £17.20. CSF: £3.20. NRS: Diderot, Lady of Arabia, Leuven Power, Nap Hand.

17.20. GSF: 526. INS. Didebt, Laty Of Arabia, Leuven Power, Nap Hand. 4.30: DASHING DONKEY (H Doyle 85-40f) 1; Struck Gold (11-1) 2; Rock And Royal (50-1) 3. 14 ran. 1¼, 1¼, (W Stone). Tote: £3.13; £1.40, £3.30, £12.40. Tote: Exacta: £26.50. Trifecta: £1365.00. CSF: £27.57. NRs: Flying Parther, Keen Interest. Placepot: £26.10. Quadpot: £5.60.

#### **KEMPTON**

\$\frac{\kar{km}\true{

232.20. Tirfecta: £58.10. CSF: £26.32. NR: To Montare.
6.10: THE TERMINUS (R Kingscote 2-11) 1; Mystical Elegance (7-2) 2; Eighth Avenue (13-2) 3. 9 ran. shd, nk. (Sir M Stoute). Tote: £3.00; £1.10, £1.70, £1.80. Tote Exacta: £12.60. Tirfecta: £56.90. CSF: £9.60. Result Stands. 6.40: DRAMA (T Marquand 18-1) 1; City House (100-30) 2; Blue Day (11-8) 3. 10 ran. nk, 114. (J Ferguson). Tote: £22.80; £3.30, £1.40, £1.20. Tote Exacta: £98.70. Tiricast: £141.69. Tirfecta: £273.90. CSF: £77.37. NR: Maximum Impact.

Impact.
7.10: AlMING HIGH (H Tumer 3-1) 1;
Warbler (12-1) 2; Free Speech (6-1) 3.
7 ran. 11-4f Reyaadah Star. 314, ¾. (D
M Simcock). Tote: £4.00; £1.90, £4.70.
Tote Exacts: £36.80. Trifecta: £178.80.
CSF: £36.51.
7.40: FICTIONAL (F Marsh 9-4f) 1;

## Darkzideofthermoon (11-1) 2; Prince Ali (3-1) 3. 7 ran. 2¼, 11. (R Hughes). Tote: £3.25; £1.70, £5.30. Tote Exacta: £33.30. Tricast: £73.34. Trifecta: £96.90. CSF: £26.28. NBIs: Busby, Eagle One, Shoulen Spirit

howlan Spirit.

8.15: GOBLET OF FIRE (T Mar-8.15: GOBLET OF FIRE (I Marquand 9-4) 1, Night Breeze (2-1f) 2; Oriental Art (22-1) 3. 10 ran. 1, 51. (N Henderson). Tote: 52.35; E1.40, C.12.0, £4.00. Tote Exacta: £7.10. Tricast: £74.22. Trifecta: £84.00. CSF: £7.02. 8.45; ABRAJ. (I) Probert 9-2); 1; Damascus Steel (9-2); Wannabe Brave (evensf). 3. 8 ran. 34, 114. (S Peares). Tote: £5.80; £1.30, £1.50, £1.10. Tote

Exacta: £24.70. Tricast: £34.62. Trifecta: £44.20. CSF: £24.60.

Jackpot: £10,000.00.

Placepot: £30.80. Quadpot: £16.60.

#### **HAMILTON**

won. CSF: £194.60.
6.50: DRAMATIC STAR (C Fallon 4-9f) 1; Temple City (7-2) 2; Wadacre Tivoli (9-1) 3. 8 ran. 2¼, 7½. (W Haggas). Tote: £1.45; £1.10, £1.20, £2.50. Tote Exacts: £2.40. Trifecta: £7.30. CSF: £2.51. NR: Valued.

7.20: MOYOLA (Oisin Orr 17-2) 1; Pals Battalion (5-1) 2; Mr Irrelevant (5-1) 3. 6 ran. 9-4f Angel Of England. 2¼, 1¼. (L Russell). Tote: £9.50; £3.50, £2.60. Tote Exacta: £34.60. Trifecta:

22.60. Tote Exacta: £34.60. Tirfecta: £121.50. CSF: £48.08. 7.50: JORDAN ELECTRICS (P Mulrennan 9-4) 1; Winter Crown (7-2) 2; Sacred Falls (13-8); 3.6 ran. ½, hd. (J Goldie), Tote: £3.30; £1.50, £1.80. Tote Exacta: £11.20. Tirfecta: £20.40. CSF: £10.44. NR: Catherine Chroi. 8.25: NEWYORKSTATEOFMIND (JP Sullivan 11-0) 1; Cuban Rock (20-1); Dicko The Legend (10-1), 3. 9 ran. 94f Ski dangle lok hd. (R. Cart Tote 94f Ski dangle lok hd. (R. Cart Tote)

9-4f Ski Angel. nk, hd. (R Carr). Tote: £12.00; £2.30, £4.40, £2.80. Tote Exacta: £174.80. Tricast: £2281.01. Trifecta: £2047.60. CSF: £205.35. NRs: Ramon Di Loria, Refuge. 9.00: SHAHNAZ (J Hart 5-2f) 1; True

Nation (4-1) 2; Ledger (7-2) 3. 13 ran. ½, ½. (D Bourke). Tote: £3.50; £1.60, £2.00, £1.10. Tote Exacta: £14.50. Tricast: £36.54. Trifecta: £59.50. CSF: £11.97. NR: Lope De Rueda. Placepot: £1,873.40. Quadpot: £159.00.

**DOG RESULTS** 

DOG RESULTS

HOVE. - 2.23 Bu Han Tag 4-1 (6-5-1,
E14.43, TC: £67.81). 241 Insane View
2-5f (1-4-6, £4.09, TC: £0.00). 3.01 MT
Two Spoons 11-4 (1-2-5, £12.62, TC:
£41.48). 319 Taylors Pumpkin 2-1f(3-6-1, £8.95, TC: £0.00). 3.38 Droopys Flotus 16-1 (2-1-5, £65.16, TC: £197.76).
3.57 Voltage Flyer 9-2 (6-1-4, £21.13,
TC: £60.06). 4.16 Insane 504 + 1(1-6-2,
£33.06, TC: £0.00). 4.34 Lulus Delight
9-4 (6-5-4, £20.27, TC: £0.00). 4.53
Dans Direction 7-1 (1-2-3, £31.54, TC:
£0.00). 5.12 Joyces Bolger 10-11f (4-3-2, £5.96, TC: £0.00). 5.40
Punkrock Warrior 11-10f (3-1-, £8.14,
TC: £0.00).

Punkrock Warrior 11-10f (3-1-, 28.14, CC 50.00).

MONMORE. - 11.01 Newinn Trigger 2-1 (3-2-1, £6.69, TC: £16.34), 11.18 Roxhill Monarch 15-8f (3-2-1, £6.61, TC: £0.00), 11.34 Moanteen Mason 7-2 (6-1-4, £39.10, TC: £0.00), 11.52 Ello Ella Lola 7-2 (4-5-3, £28.53, TC: £88.95), 5-4-3, £72.59, TC: £17.65), 12.09 Kiliara Coco 11-4 (4-6-5, £10.81, TC: £30.90, 12.26 Milliank Silver 10-11f (4-5-1, £19.37, TC: £47.55), £2.42 Emotional Timer 7-2 (1-6-5, £30.50, TC: £92.42), 12.59 Blamey Castle 2-1 (4-6-1, £10.00), £17 Signet Meryl 15-8f (1-3-2, £7.05, TC: £0.00), 1.33 Homerun Hound 7-4f (6-3-4, £6.31, TC: £13.39), £15 Do It Taylor 8-1 (2-4-3, £13, TC: £57.34), 2.07 Glenvale Finn Event (5-2-3, £3.81, TC; £0.00).

Homerun Hound 748 (6-3-4, 15-34, 15-34, 170: £13.39) 1.51 Do It Taylor 8-1 (2-4-3, £41.18, TC: £57.94), 2.07 Glenvale Finn Evenst (5-2-3, £38.11, TC: £0.00).

NOTTINGHAM. - 11.09 Jades Catch 6-4 (2-5-6, £3.96, TC: £7.96), 11.27 Nice Diva 5-1 (2-1-4, £16.53, TC: £29.59), 11.43 Illusive Jo 6-44 (1-5-3, £13.04, TC: £13.02, TC: £72.32), 12.18 Marco Mcrow 7-2 (4-6-5, £26.01, TC: £107.90), 12.34 Vale Bluebell 11-4 (1-5-3), 23.07, TC: £131.59), 12.54 Platinum Honey 2-11 (2-3-1, £14.42, TC: £45.10), 1.08 Swift Youthful 10-3 (6-1-3, £12.5; TC: £40.82), 12.66 Tracys Rock 11-4 (2-3-1, £20.44, TC: £42.77), 1.42 Poxy Roxy 9-2 (2-4-3, £23.53, TC: £48.71), 1.59 Shockwave Ice 4-1 (6-4-1, £31.57, TC: £95.18), 2.14 Lagile Houdini 11-8f (3-2-4, £14.66, TC: £85.70).

#### **GOINGS**

Heavy - H; Soft - S; Good to soft - GS; Good - G; Good to firm - GF; Firm - FM; Hard - HD; Yielding - Y; Yielding to HD; Yielding - ST; Slow - SL; Standard to fast -SF, Standard to slow - SS

#### NEWSBOY'S DAILY DOUBLE

SEATTLE TIME is fancied to enjoy a red-letter day with a first career success in the opening Quinnbet Second To The Favourite Apprentice Handicap (2.00) at Yarmouth today.

Jack Jones' four-year-old daughter of Time Test put up a personal best with a threelength second to Duchess in Horatio Nelson country last month and can go one better off the same mark for her in-form trainer.

Later at Yarmouth, TRIBAL CHIEF has plenty going for him in the Quinnbet 'Confined' Handicap (3.35).

#### **RUGBY UNION INTERNATIONALS**

## E MUSCLES INTO RO



ENGLAND new boy Ollie Sleightholme revealed he overdid the bulking-up campaign that turned his Northampton into Premiership winners

The winger (below) jetted off to Japan with Steve Borthwick's national side yesterday after leading the league charts for tries with 15 touchdowns.

He was part of Saints' pre-season muscling-up regime that saw Tommy Furbank put on 4kg each.

But Sleightholme, 24, doubled his team-mates' gains in just over a month to get to his fighting weight of 92kg, after he lost pace. He said: "I put on eight



in five weeks. It was just loads of gym and loads of eating. The coaches were like, 'Well done for doing it', but I was like, 'I can't play this heavy it won't work'.

'The turning is the difficult bit. When you're a bit heavier, turning and moving and changing direction. that's when you feel it.

"Running in a straight line is not too bad as once the weight is moving, it's moving.

Changing direction and reacting to stuff I found difficult. There is a fine line between being too big and being in a good spot. At the start of the year, I was a bit too bulked-up, then through the year found where I needed to sit with my body and got into a rhythm."

Sleightholme showcased his pace by scoring Northampton's second try in their 25-21 Premiership final win over Bath last Saturday before getting the call from Borthwick (above).





## Golden girl Hodgkinson: I felt awful

FROM **ALAN SMITH** in Rome

**KEELY HODGKINSON battled** through illness to remain the queen of Europe and admitted: "That's the worst I've ever felt racing."

The 22-year-old led from the outset to win a second continental 800m gold in 1min 58.65secs.

While the manner of victory was not as convincing as anticipated, she had spent much of the day thinking about

withdrawing because of a virus.

"It's not been the greatest 24 hours,"
Hodgkinson said. "I would have liked a better time but it was just about finding a way to win."

With a personal best four seconds faster than the rest of the field, she was priced up at 1/33 by the bookies.

And her confidence was so high that in advance of the heats on Monday morning, she indicated this was about challenging herself more than being challenged by the competition.

Then she began to feel a scratchy throat on Tuesday morning and it got progressively worse.

"I had been umming and ahhing about racing all day," she added. "But hopefully it's been worth it."

Ŝtarting in lane seven, Hodgkinson got motoring immediately and she was on 1:51.5 pace at 200m. The tempo naturally slowed and the chasing pack,

led by bronze medalist Anais Bourgoin, did their best to keep tabs.

But Hodgkinson, much like her illness, could not shake them off.

A time half a second slower than in the semis and a winning margin of only 0.14sec had to be enough as Slovakia's Gabriela Gajanova closed hard for silver.

In reality this result did nothing to change the expectation that she will win another Olympic medal, following on from her silver in Tokyo.

Barring injuries, nightmare performances or indeed sickness, American reigning Olympic champion Athing Mu and world champion Mary Moraa, of Kenya, should take the other two steps on the podium.

But Hodgkinson did fire a warning shot by claiming: "I feel I'm in the shape of my life, I've just got to get rid of this thing."

The women's 4x100m quartet of Dina Asher-Smith, Desiree Henry, Amy Hunt and Daryll Neita looked imperious as they led from gun to tape to take gold in 41.91secs – the best time in Europe so far this year.

And Norway's Jakob Ingebrigtsen put down another marker ahead of his highly-anticipated Olympic showdown with Scotland's World Champion Josh Kerr by winning the 1500m in a championship best 3:31.95.



#### VISIT: REACHSHOPS.CO.UK/ENGLANDEUROS

Available to purchase in most supermarkets, high street retailers and independent newsagents from June 3, 2024. For online purchases postage and packaging applies.

## PINEHURST, STARTS TODAY

## SCOTTES GREAT

Jailhouse rocked Scheff in fine form and can't wait to get going with Rory and Xander

BY ANDREW GAMBLE

SCOTTIE SCHEFFLER is not concerned by any target on his back as the world No.1 prepares to tee off at the US Open alongside Rory McIlroy.

The two-time Major champion arrived in North Carolina on the back of five wins since March, including a second Masters triumph.

Despite a dramatic arrest last month's PGA Championship, Scheffler (above) still tied for eighth, leading McIlroy to playfully suggest that "going to jail for stop the American.

The 27-year-old is in scintillating form and eyeing a first Major away from Augusta. But with the field chasing him after his latest win at The Memorial last week, Scheffler has dismissed the notion of a target on his back.

Scheffler said: "When we start the tournament week, we're all at even par and it's not like anybody is out there playing defence.

When I play with Xander (Schauffele) and Rory here Thursday and Friday, they're not going to be saying weird stuff to me out on the course or trying to block my putt from going in.

'We all have to go out there and play our game. even if there was, there's really not much we can do in the

game of golf. Most of it is against the golf course and playing against yourself. 'I try not to

think about the past too much, and I try not to think about the future too much. I just try and live in the present. Sometimes it's easier and sometimes it's a bit harder.

And he added: "I'm not thinking about my wins any

As far as a target on my back, week and getting ready to play. Just because I won last week doesn't

give me any shots against the field this week. We all start even par, and the field is level again starting Thursday. Last week doesn't really matter.

Meanwhile, McIlroy says he wants to play "boring golf" at Pinehurst No.2 this week in order to contend for his first Major title since the 2014 Open.

But his preparations were anything but after he reconciled with wife Erica Stoll, scrapping divorce plans.

Following the U-turn, McIlroy said: "There have been rumours about my personal life, which is unfortunate. Responding to each rumour is a fool's game.

"Over the past weeks, Erica and I have realised that our best future was as a family together.

"Thankfully, we have resolved our differences and look forward to a new beginning."

Scheffler, McIlroy and Schauffele tee off their quest for US Open glory together



#### **SELECTED TEE-OFF TIMES** (BST, US unless stated)

12.29 Will Zalatoris, Matt Fitzpatrick (Eng), Tiger Woods 12.40 Justin Thomas, Collin Morikawa, Brooks Koepka 18.03 Robert MacIntyre (Sco), Nick Taylor (Can), Mackenzie Hughes (Can) 18.14 Rory McIlroy (NIrl), Xander Schauffele, Scottie Scheffler 18.25 Bryson DeChambeau,

Viktor Hovland (Nor), Max Homa

#### **TENNIS COUNTDOWN TO WIMBLEDON**



## KATIE'S HEAD

KATIE BOULTER remains on course for a box office battle of the Brits with Emma Raducanu at the Rothesay Open - a year after taking her British No.1 spot.

Defending champion Boulter (above) eased through to the quarterfinal in Nottingham after beating Canadian qualifier Rebecca Marino 6-4 6-3.

With Raducanu - now down to No.6 in Britain after all her injury issues - in the same half of the draw the pair are pencilled in to meet in a showstopper semi-final this weekend.

**GOLDEN** 

**GROUP** 

McIlroy nicely relaxed,

Schauffele (circle)

focused & Scheffler

in action

Boulter, 27, first has to overcome the winner of today's match between Magdalena Frech and Tatiana Maria.

But she remains in one-game-ata-time mode but is proud to celebrate her anniversary as the top British

"I feel way more comfortable in my own skin, knowing that I've worked hard to get my ranking up and I'm here now as British No.1." said Boulter, who is now up to No.30 in the world.

"I haven't thought too much about it until probably this week actually, where this time last year was the first time that I had that privilege

"Coming out here reminded me of how far I've come in one year.

'I've still got a long way to go here to play some of my best tennis but I'm starting to build a little bit of momentum."

Raducanu, 21, faces a round of 16 contest against world No.127 Daria Snigur today having last met the Ukrainian as a 13-year-old at the Christmas Cup

when Snigur prevailed in

Raducanu (below) said: "She's someone that I grew up playing with at juniors and I remember she's a very unorthodox opponent to play and someone with really good hand skills.

"I just know she makes life as difficult as possible for her opponent.

Snigur is currently living in Poland because of Ukraine's war with Russia but she returns to her homeland as often as possible to visit her coach who has remained in Kyiv.

"It's not so easy to get back," said Snigur.

"I must take the train from Warsaw to Kyiv which takes two days but I love Kyiv and I want to go back after the

> war. I miss mv home so much.' Dan Evans admonished Henry Searle's vocal fan club

after taking down the Wolverhampton left-hander in a tight second round contest at the Nottingham Challenger event.

Evans wagged his finger at a section of the Centre Court crowd and had words with them after his 7-6 7-6 win against the Loughborough-based 18-year-old, who took the Wimbledon junior title last year.

Evans said: "I had a lot of Wolverhampton or Loughborough people screaming like maniacs for two hours so I just asked them if they wanted the directions back. It's a long career ahead for him and they'll learn.

Jack Draper is through to the quarter-finals of the Stuttgart Open after beating Andy Murray's conqueror Marcos Giron in three sets.



#### **BOXING HENNESSY**

#### Fran KO's dad doubt

#### BY CHRIS McKENNA

FRANCESCA HENNESSY admits she first had to win over her dad before launching a career in boxing.

Manager Mick Hennessy helped guide the careers of Carl Froch and

Tyson Fury - but was not sure if the fight game was for his daughter.

Hennessy, 19, (above) who faces Poland's Dorota Norek at superbantamweight at Selhurst Park this weekend, said: "He said, 'If this is your dream then I'll help you through, but you need to be 100 percent - you can't mess around in boxing'."

#### **RESULTS & FIXTURES**

#### CRICKET

CRICKEI
ICC WORLD TWENTY20 GROUP A— United States v India
(New York): United States 110-8
(20.0 overs; A Singh 4-9); India
111-3 (18.2 overs). India (2pts) win by 7 wickets.

GROUP B—Australia v Namibia

(North Sound): Namibia 72 (17 overs; A Zampa 4-12). Australia 74-1 (5.4 overs). Australia (2pts) beat Namibia by 9 wickets.

Sri Lanka v Nepal (Lauderhill): Match abandoned without a ball bowled (14 to each)

T20 BLAST - NORTH GROUP—Durham v Leicestershire (Riverside): Leicestershire 140-8 (20.0 overs). Durham 130-8 (20.0 overs; G Clark 53no). Leicestershire (2pts) beat Durham by 10 runs.

CYCLING
TOUR DE SUISSE (Switzerland)—
Stage 4: (Ruschlikon - San
Gottardo, 170.5km): 1 T Treen
(Nor) 4hrs 10mins 21secs.

#### **TENNIS**

(Nor) 4nrs 10mins 21secs.

TENNIS

ATP & WTA LIBEMA OPEN
(Netherlands)—Men's 2nd rd: G
Brouwer (Ned) bt A Mannarino (Fra)
6-3 6-3 Women's: 1st rd: J
Niemeier (Ger) bt C Tauson (Den)
6-4 6-7 (3-7) 6-4; L Samsonova
(Rus) bt A van Uytvanck (Bel) 6-1
6-3; V Kudermetova (Rus) bt Z Bai
(Chn) 7-5 6-1; R Montgomery (USA)
bt M Linette (Pol) 6-7 (4-7) 6-3 7-5

Women's 2nd rd: B Andreescu
(Can) bt Y Yuan (Chn) 6-4 6-4; G
Minnen (Bel) bt D Vekic (Cro) 6-1
0-6 7-5; N Osaka (Jpn) bt S
Lamens (Ned) 6-2 6-2.

ATP BOSS OPEN (Stuttgart)—2nd

Lamens (Ned) 6-2 6-2.

ATP BOSS OPEN (Stuttgart)—2nd rd: L Musetti (Ita) bt D Koepfer (Ger) 6-7-(9-11) 7-6 (7-5) 6-3; F Tiafoe (USA) bt Y Hanfmann (Ger) 7-5 7-6 (7-5) A Bublik (Kaz) bt H Medjedovic (Ser) 6-1 7-6 (7-4).

WTA ROTHESAY OPEN (Nottingham)—2nd rd: K Birrell (Aus) bt L Stefanini (Ita) 6-4 6-7 (5-7) 6-0; D Parry (Fra) bt D Saville (Aus) 6-4 6-1; K Boulter (Gbr) bt R Marino (Can) 6-4 6-3.

#### **TODAY'S DIARY**

CRICKET
ICC World Twenty20 - Group B: England v Oman (North Sound, 8pm). **Group C:** Afghanistan v Papua New Guinea (Trinidad, 1.30am, Friday). **Group D:** Bangladesh v Netherlands

baligradesin vederlands (Kingstown, 3.30pm). 120 Blast - South Group: Glamorgan v Hampshire (Sophia Gardens, 6.30pm), Middlesex v Essex (Lord's, 6.15pm).

## RUGBY LEAGUE





Leeming: I knew it would be right decision to join champions Wigan

CUP AND SORCERER eming is all smi

BETFRED SUPER LEAGUE

D L F A Pts 0 3 353 136 20 0 2 357 156 20 0 4 338 183 18 0 4 320 170 18 0 5 264 192 16 0 5 250 256 16 0 6 246 242 14 0 7 274 263 12 Wigan Hull KR Warringtor Catalans D's Salford 7 274 263 12

Leeds Huddersfield 12 4 1 7 244 206 13 3 1 9 218 406 13 1 0 12 162 440 13 1 0 12 134 510 Leigh Castleford London B's

BY **DAVE CRAVEN** 

KRUISE LEEMING has thanked Wigan for improving his character and warned their trophy grabbing is not over.

Fresh from Challenge Cup glory at Wembley, the champions resume their Super League title defence at Castleford tomorrow.

Wigan beat Warrington to become the first club since St Helens in 2007 to hold all four major pieces of silverware concurrently.

Leeming, who joined from Gold Coast in the autumn, scored when they defeated NRL premiers Penrith in February's World Club Challenge.

And now he has added another Cup winners' medal to the one he picked up when helping Leeds beat Salford at an empty Wembley in 2020.

There were 64,845 people there on Saturday as Matt Peet's side continued their domination.

Leeming, 28, said: "It's just good to be a part of this culture and team.

"People won't believe me but, regardless of the result, we deserved to be in the final: the lads we've got and the culture Matty's created, we deserved to be there.

"Sometimes I've been in teams who have had success where maybe they did not deserve it.

"It's a weird thing to talk about. Some people won't grasp what I'm saying - it's not just on the field, it's off

it.
"This club has made me a better person off the field and to win trophies is one thing but to have continued success through a long period of time is another.

"The way you get it is deeply rooted inside you. It's not by luck. I think that's what we've created here: a team full of champion people and it's transferred

to the field." Leeming, who lost the captaincy and his starting spot under Rohan Smith at Leeds before requesting a release last March, played 10 games for Gold Coast.

But he returned home after signing a four-year deal with Wigan, a decision which now looks fully iustified.

Leeming has been ever-present, starting off the bench in all but one game and scoring six tries in 14 outings.

It would be no surprise if he earned his first England cap against France later this month.

Leeming, who started out at Huddersfield in 2013 when they finished top, was a beaten Grand Finalist with Leeds two years ago.

But he insisted: "I've been searching for this culture and feel my morals align with Matty and Wigan as a town and club. "I've been welcomed in

as one of their own. It can be a hostile environment.

Even a champion environment is hostile: you're still pushed every day, still challenged every day and that's what I thrive

"But if you're challenged in the right way it brings the best out of you.

"My decision was a big one to come back from Australia. But I was 27, getting to the prime of my career and the factors in making the decision were what's going to make me a better player, firstly, but also what's going to make me a better person. That narrowed it down to no other club but Wigan.

"I've been pleasantly surprised. I knew it'd be good. I backed my own decision but they've exceeded my expectations." ■ Catalans have confirmed

the signing of St Helens and England winger Tommy Makinson, 32, on a two-year deal starting next season







OFFICIAL TOURNAMENT PROGRAMME







#### T20 WORLD CUP ENGLAND v OMAN ANTIGUA AND BARBUDA, 8PM



every game, I am sure they will come to the fore. I am very much hoping it was an off-hand remark by a really good bloke who is having fun."

England must beat Oman and Namibia and can only qualify for the Super 8 on net run-rate, which leaves their fate in Australia's hands in the final Group B fixture with Scotland.

Hazlewood (below, with Marcus Stoinis) said: "We've had some real struggles against England in T20 cricket, so if we can get them out of the tournament, that's in our best interest as well as probably everyone

But Australia will have to be mindful of ICC code of conduct rules, however, which

in the process. But Mott (above), an Australian who coached Hazlewood at New South Wales, believes his old player's remarks were just a case of gentle teasing.

MATTHEW MOTT is putting Josh Hazlewood's

suggestion that England's

exit from the T20 World

Cup would be in Australia's

"best interests" down to

nothing more than a little

Hazlewood put the boot in

after the Aussies effectively

sealed qualification for the

Super 8s with victory over

Namibia, claiming he would

be keen to nudge Jos Buttler's

England out of the event by

He floated the idea that

Australia could "knock it

around and drag it out" in the

final group match against

Scotland to boost their

opponents' net run-rate - and

help England towards the exit

any means necessary.

bit of mischief.

The England coach said: "I know Josh pretty well and I know his integrity. He's got a

very good sense of humour. 'I am hoping it was very much tongue in cheek.

"I actually don't think it is ever going to play out.

"Having grown up in Australia, and the will to win

read: "Article 2.11 is intended to prevent the manipula-

inappropriate strategic or tactical reasons." Mott was eager to move on from the sideshow, well aware that it would become irrelevant if

England fail to do their part. He said: "That's all we can do, regardless of any outside noise, qualification, run-rates. We've got to win this game.

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We're going to prepare really well for that. If we get in a dominant position and can push hard we will – but if we have to scrap and fight to get the two points we will as well.

"Hopefully there's still a lot of cricket left for us."

Joe backs his pal Jos

JOE ROOT has thrown his support behind England captain Jos Buttler.

England's defeat to Australia at the T20 World Cup has left them facing a battle to make the Super 8s, which has piled the pressure on Buttler (left).

But former Test skipper Root is confident Buttler can guide England into the knockout stages, starting with victory against Oman today. Asked if Buttler

should stay on as skipper, Root (circle) said: "Jos is one of my good friends. He's a brilliant captain so I don't think there's any question.

"They'll be absolutely fine, they've got a wonderful squad of players. They know exactly what they need to do.

'When it's all laid out and they've got their backs to the wall, which they have in this situation now. is when they play their best cricket.

"It could really bring the best out of them so I've got no worries whatsoever.

"If they go out and do what they all know that they're capable of doing, we'll be finding ourselves in the Super 8s and the back-end of the tournament where it really matters to play our

Indians in **USA** scare

BY **DARREN WELLS** 

USA just missed out on a shock upset after falling to India with 10 balls to spare.

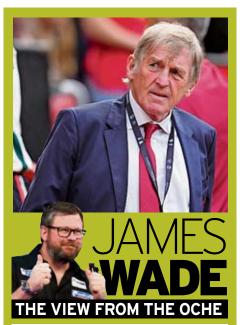
The tournament co-hosts recovered from a disastrous start in New York to post 110-8, having been 3-2 in the first over.

And, while few expected India to fail in their chase, Saurabh Netravalkar's ongoing hot streak had USA briefly in contention. Virat Kohli was caught

behind for a golden duck -

off the first delivery he faced, before Rohit Sharma fell to a slower delivery after just three runs, as Netravalkar finished with 2-18 in

four overs. But Suryakumar Yadav's (left) halfcentury powered India to a sevenwicket win (111-3).



## Great to be coached by King Kenny!

the World Matchplay - and thankfully I feel in the box seat to secure my place.

There are just a handful of events left to seal a spot at Blackpool and there are positive signs in my game.

I'm on my way home from Hildesheim in Germany from a round of Players Championship events this week and I played well.

I beat Mensur Suljovic (below) - who had beaten Michael Smith in the previous round - and Damon Heta. I was annoyed I did not get to the semifinal after leading 3-1 against Daryl Gurney but my doubles were on point for most of the day and I took out big finishes when I needed to.

The good news is that I have qualified for the Euro Tour event next weekend, which puts me in a good position for Matchplay qualification, although I am

sure it will get twitchy along the way. It always gets a bit nervy in the race for Matchplay places, which is why it is important to secure your spot based on your world ranking.

Talking of nerves, can you imagine playing football in front of a crowd of people while having your technique judged by Kenny Dalglish (top)? Well, that is what happened to me and fellow pro Robert Thornton at a Jewson Live event in Glasgow this week.

After playing darts - which Kenny skilfully avoided trying his hand at - we took on a football-darts challenge with a giant dartboard, while being coached by the Liverpool icon. I am pleased to say I won, much to the annoyance of the locals.

I also got to try bricklaying - and I can only say that readers who do that for a living are seriously underappreciated. I'll stick to the darts!

James Wade's column is sponsored by Elitecompetitions.co.uk - use code WADE25 for 25% off tickets



#### Bradley's season is two good

#### BY **DAVID ANDERSON**

CONOR BRADLEY is "buzzing" to end his breakthrough season for Liverpool and Northern Ireland with his first senior double.

Bradley, 20, ended his memorable campaign with both goals in Northern Ireland's friendly win over Andorra.

The defender (above) also scored his first Liverpool goal against Chelsea in January and helped the Reds win the Carabao Cup. He said: "My first Northern Ireland goal against Scotland was special - and getting two in the one night against Andorra was special as well. "I'm buzzing and really happy.

#### **PRICE HIKE /ES FANS**

"All my dreams came true in the

**FXCLUSIVE BY NEIL MOXLEY** 

past 12 months."

**BIRMINGHAM CITY'S corporate fans** have been clobbered with a price hike of more than 60 percent - after the club were relegated to League One.

Supporters in the Legends Lounge were astonished to learn the cost had ramped up to £2,925 - from £1,800 in





New owners Knighthead Capital have invested significant sums in revamping the corporate areas at St Andrew's.

**But corporate punters** are now watching a lowergrade product - yet are

being asked to pay 62.5 percent more for the privilege in League One.

A Blues statement said that "the club is spending up to £15million. A significant investment is being made in our corporate hospitality offerings.

"The pricing reflects the excellent experience our fans will enjoy."

#### **Hot Rod** 'perfect' for O'Nei



#### BY NEIL MOXLEY

WOLVES have confirmed the capture of Rodrigo Gomes - with boss Gary O'Neil hailing the 'perfect signing'.

The Portuguese follows Tommy Doyle through the doors at Molineux after a £12million switch from Braga.

Gomes (above) has penned a five-year deal after an impressive campaign on loan at Estoril, where he bagged nine goals and eight assists.

O'Neil said: "The type of player Rodrigo is, he's had a fantastic season, playing in many different positions and he's only 20 years old.

"For where we are as a club, he's the perfect signing for us. He's young and he has potential.

"Every time I've watched him, his enthusiasm and endeavour have drawn my eyes towards him."

Ten Hag may have won a Reds reprieve but after his patchy record on recruitment and injuries... the message from Sir Jim will now be: You are only the coach... we will choose stars and revamp training methods

BY DAVID McDONNELL

THE price for Erik ten Hag keeping his Manchester United job will be a redefining of his role and less influence on the recruitment of players.

He held on to his job after United co-owner Sir Jim Ratcliffe and his football operations team abandoned their search for a replacement and decided to stick with the Dutchman.

In backing him in the short-term at least, United will also enter into discussions with Ten Hag – who has a year left on his contract, with the option of a further year - about a

new deal. But any new deal will detail Ten Hag's role as that of head coach – rather than manager, as it was when he joined – considerably weaken his input in terms of players coming in and leaving.

Whether he is fully on board with that, only time will tell, but the new regime at United have moved to a structure where they will oversee recruitment. leaving the head coach to work with the team.

Ten Hag, 54, may have emerged from United's end-of-season review with his job intact, but part of that process included a forensic look at his £400million transfer spend in two years in charge.

With the exception of Lisandro Martinez, a £45m signing from Ten Onana (inset, below), Hag's former club Ajax, the rest of his signed from Inter Milan



signings have yet to fully convince, which is another reason why he will be forced to relinquish control of that area.

Ten Hag pushed for United to sign Antony (inset, top) from Ajax for £85m, the winger failing to justify that fee, while the decision to spend £60m on Mason Mount (left), who spent most of his debut season injured,

endorsed the view of the United hierarchy t h a t recruitment should be conducted by them.

Goalkeeper Andre

for £45m, recovered from a poor start to end the season strongly, as did £72m forward Rasmus Hojlund, a raw talent who underlined his potential after arriving injured and struggling to adapt to the Premier League.

Casemiro and Christian Eriksen were always short-term signings, with both likely to move on this summer, and United are in the market for a new central midfielder. as well as a centre-back and striker.

Another major strand of United's post-season review was the unprecedented number of injuries

that undermined the team's progress last season and was a key factor in the club's worst-ever Premier League finish of eighth.

An overhaul of United's medical department is under way after an investigation into why so many players were succumbing to muscle issues and injuries picked up in training, with the suspicion that the intensity of the sessions was too high.

Ten Hag must also rebuild trust with Ratcliffe and his team, after they showed a complete lack of respect for him by assessing other candidates for his job - only to decide to stick with him after keeping him in limbo for two-and-a-half weeks.

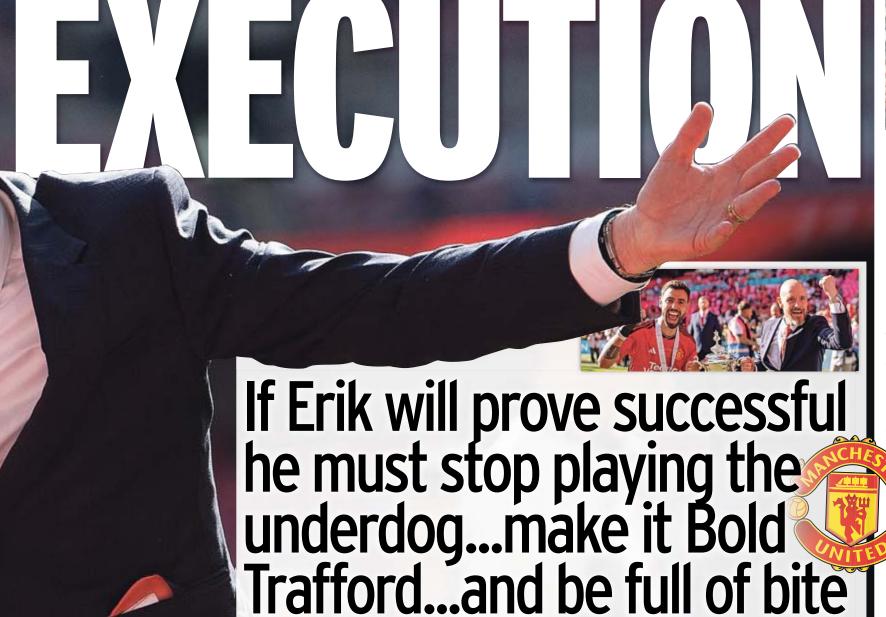
Although Ten Hag has held meetings with Ratcliffe, Sir Dave Brailsford and new technical director Jason Wilcox, he must build a rapport with new CEO Omar Berrada, who starts work next month, as well as incoming sporting director Dan Ashworth, currently on gardening leave at Newcastle.

United's confirmation that Ten Hag is staying put does not mean he

retains the full backing of Ratcliffe and the new football executive team.

He remains on trial at United and must hit the ground running at the start of next season if he is to escape the cloud of uncertainty that hangs over him, despite holding on to his job – for now at least.

EIGHT FEIT TIMO ME MINITED									
	P	W	D	L	F	Α	W%		
Premier League	76	41	12	23	115	101	53.9%		
FA Cup	12	9	2	1	29	15	75.0%		
Europa League	12	8	2	2	21	12	66.7%		
Carabao Cup	8	7	0	-1	19	5	87.5%		
Champions League	6	1	1	4	12	15	16.7%		
Total	114	66	17	31	196	148	57.9%		



COMMENT BY ANDY DUNN

FORGET the talk of a new contract, even if Erik ten Hag signs a fresh deal, he has been given a stay of execution at Old Trafford.

There was even talk of him walking away when news of Sir Jim Ratcliffe sounding out every Thomas Tuchel, Dick and Harry became common knowledge.

But now that he is remaining in his post, Ten Hag needs to come out with all guns blazing.

Forget all the 'project' nonsense that he is prone to trotting out, forget the excuses about injuries, forget the idea that this Manchester United squad was in a dismal

state when he took over two years ago.

And forget taking playing instructions from Monaco Jim, Marginal Gains Dave and their various cohorts.

Ten Hag needs to get on the front foot and stop plaving Ten Hag needs

underdog football.

It will get you the odd

landmark win, such as the one that was chiselled out against a complacent Manchester City at Wembley at the end of May.

But this is Manchester United. At home, you should be having more possession than Burnley. You should be scoring more than 57 goals in a Premier League season. You should have a positive goal difference at the end of a

38-game campaign. I like Ten Hag and think, on balance, it is just about the right decision to keep him but there is no doubt he is lucky to still be in the United job.

And, having enjoyed a reprieve, the shackles should

come off. The new

to come out with football operations crew all guns blazing have handled

this issue so poorly that the groundswell of fan support Ten Hag already enjoyed should only be greater.

And if he loses a few games playing in a more adventurous, cavalier style, they will be patient.

Ironically, playing a mainly defensive game and relying on counter-attacking opportunities gave Ten Hag

that FA Cup triumph, which might have been the decisive factor in keeping him.

But, in the long term, that style will not close the gap between United and City.

When Ratcliffe completed his co-ownership deal, he spoke of how a cabal of executives would, essentially, tell the first-team coach how they wanted United to play.

Ten Hag needs to have none of that nonsense. It is time for Erik to be bold.

It is time for him to remember that, for all the appointments in the so-called football operations department, there is only one man who should be the boss at an elite football club.

And, even if it has been a shabby process, that man at United is him.



#### 'H faces fight over transfers

United will hold talks with his representatives about a new agreement.

The sticking point is likely to be the insistence from co-owner Sir Jim Ratcliffe and his team that Ten Hag's role be changed from manager to head coach.

Ratcliffe and his football operations team have built a new structure, where player recruitment is taken away from Ten

Hag - who will focus on coaching the first-team and be given to the football operations team. Despite his relief

at keeping his job, Ten Hag could decide to push back on such a major change, which could ultimately scupper any

hope of an agreement. The Dutchman, 54, has long declared a manager must have total control if they are to be successful, a mantra shared by his most illustrious predecessor Sir Alex Ferguson (above).

After his appointment at United was confirmed, Ten Hag said he would not have taken the job had he not been granted full control of the transfer policy.

Ten Hag said: "I don't want to be the sole ruler, I stand for cooperation - but control of transfers is a condition for me'

Part of the two-and-ahalf week review by Ratcliffe's football leaders team focused on player recruitment, with Ten Hag overseeing a £400million spend in two years.

While there have been some successes, notably the £45m spent on Lisandro Martinez, there have been some errors, in particular £85m flop Antony, while £60m signing Mason Mount spent most of last season injured.

Against that backdrop. the newly-installed United hierarchy are determined to control recruitment. which could lead to major tensions with Ten Hag.

Sir Alex Ferguson **Jose Mourinho** Ole Gunnar Solskaer 109 56 Louis van Gaal 76 39

D 810 528 168 114 65.2% 93 50

26 17 53.8% 29 19 51.4% 24

MANCHESTER UNITED have made a final offer of £3million in compensation to Newcastle for Dan Ashworth.

But the Toon have rejected the bid out of hand - and are holding out for closer to £15m.

The impasse has left the Premier League rivals at loggerheads when it comes to

Ashworth's future. And the only way it could be resolved is if Ashworth (left) instigates arbitration proceedings against his Newcastle bosses.

United co-owner Sir Jim Ratcliffe wants to appoint the 53-year-old as sporting director, as part of his ongoing overhaul at Old Trafford. Ashworth has agreed a contract with United,

but has been left kicking his heels after being placed on gardening leave for 18 months in February, after telling Newcastle he wanted to leave.

Newcastle initially demanded £20m for their sporting director, which Ratcliffe laughed off as being "absurd".

Talks have taken place between the two clubs, but United made it

clear they were not prepared to pay more than £3m for the services of Ashworth.

Newcastle paid Brighton £2.6m in compensation for Ashworth in 2022 - and United believe this is the benchmark

United had been hoping to have Ashworth in place before the start of next season, but this now looks highly unlikely.

#### **EUROS LATEST**

#### **Veteran** Can fill in for hosts



FORMER Liverpool midfielder Emre Can has been handed a late call-up to Germany's Euro 2024 squad as a replacement for Bayern Munich's Aleksandar Pavlovic.

Pavlovic was forced to withdraw due to illness just two days before his country's opening match against Scotland tomorrow night.

The 20-year-old (below) made his international debut earlier this month in a goalless draw with Ukraine, but an infection ruled him out of Germany's ensuing 2-1 win over Greece on June 7.

He was already set to miss the first match and it has now been confirmed that he will be unable to feature for the

whole tournament. Can, 30, who plays for Borussia Dortmund, has been capped 43 times.

"We want another six in the squad and have therefore decided to re-nominate Emre Can," said head coach Julian Nagelsmann.

"He immediately expressed his enthusiasm and willingness to join the team.

'We wanted to have another player in the squad who has played a lot of games, who knows how to deal with the pressure. He can well meet the profile that we can use now.'



#### Sky's the limit for Ronaldo

CRISTIANO RONALDO has urged Portugal to head into Euro 2024 with their "feet on the ground and thoughts in the sky"

The 39-year-old (above) captained his country to European glory in 2016 and, having scored 10 goals in qualification this time around, is hopeful of making a significant impact in Germany.

He registered two fine finishes in Tuesday night's 3-0 friendly win over Republic of Ireland in Aveiro. That

helped banish the



But asked about the flak, Ronaldo said: "Success can only be achieved through criticism.

The Portuguese expect a lot from Portugal. There is no margin for error, nothing, they always want Portugal to win, because of the generation, because of the talent that exists.

"A defeat is always bad, but that's where good things come from, where you learn. We have to have our feet on the ground and our thoughts in the sky dreaming of the European Championship."

BY DAVID McDONNELL

LOU MACARI laughs as he recalls Scotland's overzealous send-off to the 1978 World Cup.

Ally MacLeod's squad made their way to Argentina on a tidal wave of patriotism and a misplaced belief the Tartan Army would return home as world

"We had a reception at Hampden Park and an opentop bus to the airport," said Macari. "And port." If they beat that was just

champions.

going to the World Cup! will sit up and say 'Everyone 'wait a minute

on us. We went there on the back of an unbelievable atmosphere in Scotland.

"Everyone was so excited and people in Scotland believed we could go there and actually win it!

Despite such a fervent

farewell, Scotland fell flat. They lost to Peru (below right), drew with Iran and failed to make the knockout stage, despite beating Holland.

They haven't made the knockout stage in any of the major tournaments they have reached. But this time,

former Scotland star Macari (left) is convinced Steve Clarke's squad can succeed - at the 12th time of asking and progress from the group stage at

Euro 2024. 'This time it's more lowkey than in 1978, when

got nyped up pe o ple and it definitely put pressure believed Ally's Tartan Army \_e o p l e could go all the way," he said.

"It was all because we'd beaten England - who didn't qualify for that World Cup – a year earlier at Wembley.

"That was enough to send you there with people thinking you could win it. But the

World Cup was completely different to the home internationals.

We went to a World Cup with people believing we were an exceptional Scotland team. But that backfired, because there were more exceptional teams there than us.

Yet Scotland's bid for World Cup glory was doomed from the moment Macari and his team-mates landed in Argentina for their shortlived stay.

"The hotel we were staying in wasn't an actual hotel. It had been converted from something else because of the World Cup," said the former Manchester United midfielder.

'It had a swimming pool, but there was no water in it, so we couldn't actually swim. And when we arrived, they were still laying the carpets.

"To top it all, our bus broke down when we got there. So it didn't start well and didn't get much better!"

Clarke's side are unlikely to encounter such problems,

after an impressive qualifying campaign that saw them beat Spain and Norway.

With a trio of Premier League stars in Liverpool's Andy Robertson, Aston Villa's John McGinn and Manchester United's Scott Iohn McTominay, Macari is convinced Scotland can make an impact in Germany.

"I certainly wouldn't dismiss Scotland doing better than they've done before, simply because they've got individuals who can rise to the big occasion," said Macari, 75. With the support they've got behind them they'll have good support

there in every game - they can get through to a knockout stage for the first time.

"Second place in the group would be a massive achievement. Germany are the favourites to win the group, but Hungary and Switzerland don't have household names in their squads.

"If you stopped someone in the street and asked them who plays for Hungary and Switzerland, they couldn't tell you! So Scotland have a chance.

"You've just got to hope that those players who have got a reputation for turning up for the big games actually do it and make Scotland proud.

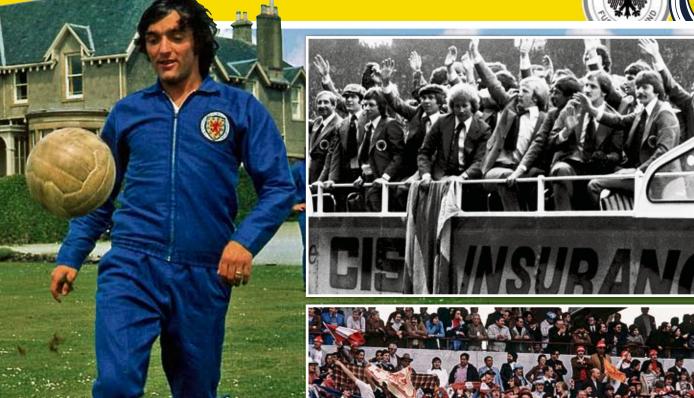
"If they beat Germany, people would sit up and say wait a minute'. And they can, because I don't think it's a particularly great German side.

"They'll go mad in Scotland if they win on Friday. Scotland go into that game with no fear, with all the pressure on Germany."





GERMANY v SCOTLAND GROUP A, TOMORROW, KO 8PM





BY KEITH JACKSON
BILLY GILMOUR has
insisted Scotland don't
simply want to survive
against Germany in
Munich tomorrow - they're
planning to beat the hosts
at their own launch party.

And the Brighton midfielder (above) revealed boss Steve Clarke has hatched a secret tactical masterplan to create an explosive opening night shock.

When asked if a point from the first Group A game might be enough to set Scotland on their way to the knockout stages of a major tournament for the first time, the 23-year-old gave a bullish response.

He said: "We go into every game trying to win. For us we have already tried and done stuff in training where we think we can break them down



and go and win the game.
Of course, we have to take
it game by game. But we
know we want to come
here and get out of the
group, that is first and
foremost.

"Germany is going to be a difficult game but we back ourselves."

Gilmour is raring to pick up where he left off at this tournament three years ago when he was named man of the match against England at Wembley in his first international start.

And he insists Scotland will not allow themselves to be overawed by their German hosts.

"Everyone doubts us sometimes - 'typical Scotland' - and we need to get out of that kind of routine," he said. "We need to go into games, win them comfortably, be confident and put on good performances."

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- Wäre besser zu Specsavers gegangen!
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## **COUNTDOWN TO EUR**



TOMORROW



#### LEWIS DUNK admits he feared his chance of playing in a major tournament had gone.

But now the Brighton captain is determined to make the most of the Euros with his whole family flying out to

Germany to support him.
It was in 2018 when Kieran Trippier revealed his dad put a flag of St George in the window of the family home and you get the sense the Dunks would do the same for their boy.

Dunk, 32, is a passionate England fan himself and would be watching and cheering them on if he had not been picked for the Euros.

When asked whether he feared his chance had gone, Dunk said: "Of course, this was probably my last chance of getting to a tournament realistically. Now I am here enjoying the moment.

"I've watched a few tournaments all over the place. The last tournament was in my friend's garden in Eastbourne, I watched one abroad when I was younger, Portugal. I've chucked my beer in the air before - many times.

"I probably wouldn't have gone out as a fan, but I would have watched every game in a pub or my mates' house.

"My wife and kids are coming over. My mum and my dad will be at every game and then brothers and sisters, everyone like that, will be flying in and out for certain games.

"It's a proud moment for them. My kids are getting older now and starting to understand. My eldest is nine now and loves football.

"But I'm just his dad and I'm just doing what he does and playing football. It's nice to put a smile on my kid's face. Hopefully they have a good time."

Dunk is one of 12 players in the squad without tournament experience but insists he will be ready if called upon.

His inclusion caused some debate but Brighton fans are passionate about their centre-half and leader. He would be clear favourite to start if John Stones is not fit.

But that lack of experience plus the absence of Harry Maguire and lingering fitness doubts over Luke Shaw does raise concerns about the defence being a weak link.

Dunk also says that the treatment of Maguire has been a valuable life lesson about dealing with criticism.

He said: "It was incredible how he dealt with it all. Harshly treated I would say personally and the treatment he was getting from everyone was out of order.

"He took it on the chin and carried on like he always does and he has fought through it and that is all he can do.'

He also claimed the players are dismissing any notion that the defence is a weak link.

"Of course we are dismissing that," said Dunk. "That is your opinion and you are entitled to it, but inside the dressing room and inside the camp we are as confident as ever."

# INK FEAR LESSUN SOUTHGATE



in the air as a fan... now he'll be toast of his proud family



BRIGHTON ROCK

#### THEY INK IT'S ALL OVER... AND IT WILL BE IF WE WIN SAYS TONEY



#### BY **ANDY DUNN**

**EVEN by Premier League** standards, Ivan Toney is one of the most inked players in football.

But the England striker will find room for another tattoo if Gareth Southgate's men go all the way at Euro 2024. "One

hundred per cent," laughed the Brentford striker. 'I'll get the trophy on my forehead or something! It goes without saying I'll have to get a little memorable one and, hopefully, it's a good one."

Toney was in irrepressible form at England's base camp on Wednesday - probably because he became uncertain about getting the nod for the final squad.

He admitted to BBC Radio Five Live: "It was touch and go. It was a tricky end of the season for myself, but I do believe in my ability and I believe that I've got

something that I can add to the

"But the manager has seen the style of play that I can add to the team and, clearly, he thought it was enough to bring me. Now, I've just got to repay him every time I get a chance to be on the field."



JOHN STONES is emerging as a worry for England's Euros opener - just 24 hours after being given the all-clear.

The Three Lions defender was forced to sit out training on Wednesday through illness and could not take part in any of the defensive drills ahead of their clash with Serbia on Sunday.

Stones had been substituted at half-time of England's final warm-up friendly with Iceland last Friday after an injury scare.

But the centre-back then took part in England's first training session on Tuesday - only for it to later emerge that he had been feeling unwell even then.

Boss Gareth Southgate put the defence through their paces yesterday as they prepare for the physical threat of Serbia striker Aleksandar Mitrovi.

That meant Stones (above) was not a part of that session and now England will have to wait to see if he can recover in time to train today.

It would be a major worry for England if the 30-year-old missed another day of training because he could not prepare with the rest of the team in shape

Southgate is already missing key defenders with Harry Maguire not fit enough to make the squad, while Luke Shaw is not ready for the first game.

Defender Lewis Dunk, who will be favourite to replace Stones. said: "He wasn't training because he had an illness. He felt a bit rough yesterday, so we haven't seen him. He didn't train today because of his illness.

Dunk said he would be ready to step in and said: "I would hope so. Of course. But you never know. There are a few days until Sunday and we'll see what happens.

"We've only trained twice this week. Today was a defensive session. I auess tomorrow might be more attacking and it will balance out on both sides as we go through the week."

## COUNTDOWN TO THE EUROPEA

FROM **JOHN CROSS** in Erfurt

ENGLAND are funding police investigations into social-media abuse of Three Lions stars

The FA are paying around £25,000 to help police prosecute offenders.

England stars Marcus Rashford (below), Jadon Sancho and Bukayo Saka (above) were all abused online after the last Euros.

Police chiefs spoke to Gareth Southgate's squad about social-media abuse at St George's Park during the March internationals.

Now the FA are taking it one step further by financing a special unit in the British police dedicated to prosecuting those

responsible.

FA chief executive Mark Bullingham said: "From our side, it is completely inexcusable, but now we're doing things differently. In the past, what we did was put together all the data - effectively an evidence pack - to give to the police to prosecute. This time, we have gone a stage further, where we are actually funding, within the British police, a unit that will

then prosecute. "We are actually paying for the prosecution to then happen and funding the police to make sure, if there are instances of some examples we have seen before, that they get prosecuted.

"What it does mean is that there is a police resource to go for it.

POLICE believe Serbia fans could try to needle England supporters by booing the national

England's Group opener with Serbia in Gelsenkirchen on Sunday has also been classified as a "high risk" fixture.

An estimated 5,000 Serbia fans could travel to the game - but that number could include a hardcore of around 500 hooligans. Up to 40,000 England supporters are expected.

Football Association chief executive Mark Bullingham insists the German authorities are well-prepared for any trouble.

But he stressed that England supporters have a good recent record when it comes to behaviour and urged them not to respond to

Bullingham said: "Over the last few years our England fans have been absolutely brilliant support to us, particularly in the stadium.

"There are a lot of people going to come out

"The best thing that the fans can do to help us do well in this tournament is be a tribute to their country.

"Obviously the actual protection of fans is a UEFA and a policing issue. If you look at our role and what we control, it is how you work together with them.

'And we've worked together with the police, the Football Suporters' Association, the police in both Germany and England over the last 18 months in a really collaborative project.

"We actually are really looking forward to the

'We think it will be a brilliant game between two strong footballing countries with great heritage so we are looking forward to it.

# Euros nod is a 'dream' for Adam... but England talent knows he belongs on the world stage

**BY ANDY DUNN** 

BY his own admission, Adam Wharton is not the sort of character who is going to be the life and soul of the party.

"I am not the most outgoing... a bit of a loner," he laughs, referring to how his dad, John, had referred to him in a radio interview earlier in the week.

And Wharton is clearly quite shy. But do not mistake shyness for a lack of emphatic self-belief, do not confuse coyness with a struggle for confidence.

First up for media duty at England's base camp, Wharton might have described his sharp rise to the international ranks and the Euros as a "dream come true", but this is a young man who believes he belongs.

Make no mistake about that.

Talk to anyone who has been involved in Wharton's professional career and they will tell you of a player NEVER intimidated by an opponent.

That is probably why we saw him run the Crystal Palace midfield in their wins at Anfield and against Manchester United after only a handful of Premier League

appearances. And he says: "The way I have always felt – even throughout my time at Blackburn and when I was younger - is that I've always got that self-confidence that no matter who I am up against, I have got the ability to play my game and play well.

"I never thought I wouldn't be able to cope but playing against the top teams helps.

"It's then not a case of I think I can (cope) because I'm confident... it's more that if I've played at that level, I know I can play at that level."

Wharton's assurance on the field has been so eye-catching that there are some who would not be surprised if he was given the nod to start against Serbia in Gelsenkirchen on Sunday.

Considering he is closer to 20 years of age than he is to 21, Wharton is clearly very single-minded.

While he did say the "loner" label was "a bit harsh", Wharton – who moved to Selhurst Park in January in a £22.5million deal – did admit he likes to keep things low-key.

He says: "I'm not going to go into a room with people that I don't know and be really loud. I don't have a million friends. I live on my own in

London now. I am not always out with my friends doing this and that. I sort of keep myself to myself, that is how I've always been, really. That works for me."

But having watched the last Euro finals while he was living in digs in Blackburn, Wharton enjoying his rapid ascent to this rarefied level.

He says: "It is a. surreal feeling. You can't beat it, being able to do what you

their country.

"I got to play for the team I support and really enjoyed that and it has continued with moving to the Premier League and now here. It's all very fast but I wouldn't want it any other way."

love at the top stage. "It's just a dream come true. Every kid who grows up playing football wants to play in the Premier League and for

#### FROM BACK PAGE backline, there's not many Manchester United striker caps between the players. was involved in at the age "I had it when I first signed for Manchester And he fears there may United, you get to finals and not be enough older heads ends of tournaments, we're

in Southgate's team to help them go deep into the tournament in Germany. Rooney said: "On the

looking at the lads that have been there and won

'They keep you calm and

get you through it. That's

my worry for England. "They'll breeze through the group stages, but when they come up against good teams that are going to be a real threat to them, that lack of experience might

"In 2004, I was probably

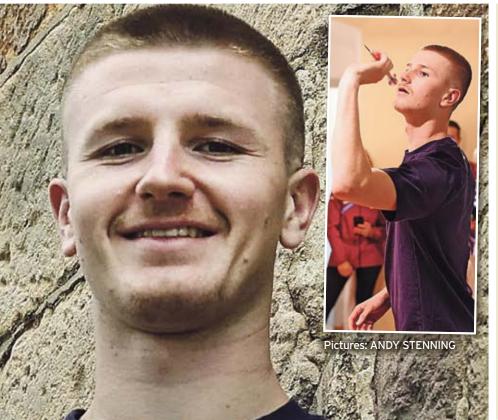
the only one linexperienced player]. I could go to any player in the squad and get advice off them or guidance on certain things.

"Where now you've got [Marc] Guehi, you've got [Ezri] Konsa, [Kobbie] Mainoo, [Adam] Wharton... the amount of players that

#### CHAMPIONSHIP



**GERMANY** TOMORROW



## PLANS DRAWN UP FOR LIFE AFTER SOUTHGATE

FROM BACK PAGE

phenomenal job, he has transformed the fortunes of our men's senior team, and that's not just off the pitch, which a lot of people talk about, and you can see the culture but also the performances on the pitch.

"I have said before that any organisation really has a succession plan in place for their top employees, and we are no different to that."

Manchester United had Southgate on a shortlist before deciding to stick with Erik ten Hag and, after eight years in charge, he could be ready for a new challenge.

But Bullingham says there has been "no contact" and with Sarina

Wiegman (circle) in charge of the Lionesses, he did not rule out appointing a foreign boss.

He said: "We have two senior coaches. One of them is English, one of them is not.

"Any federation in the world would always want to have a pool of top homegrown talent playing and managing at any time."

While Southgate's future could depend on whether Harry Kane (right)

lifts the Henri Delaunay trophy on July 14, Bullingham refused to set any targets for the Euros.

The FA chief added: "We will step back and look at everything after the tournament."



## **WES: GREAL ISSUE IS LACK OF GAMES**

JACK GREALISH'S Euros snub is down to his lack of game time.

That's the verdict of former England defender Wes Brown, who reckons boss Gareth Southgate will not have seen as much of Grealish this season as he would have liked.

The Manchester City forward was one of the surprise omissions from the Euro 2024 squad, with the likes of Newcastle's Anthony Gordon and Crystal Palace's Eberechi Eze getting the nod despite having less international experience.

Speaking on Reach's new Euro Thrash podcast - which you can find on YouTube, Apple and Spotify from today - Brown said: "He will be disappointed, but it's down to his club. He hasn't started as many games as he would have liked to.

"I just feel the manager's gone with pace. If you look at Anthony Gordon in that Iceland game, you know he brings this attacking pace. Straight out, fast breaks, he's in.

"Grealish plays a little bit differently. We know he likes to get on the ball early and then do his thing. You always want to prove to the manager and to everyone that the selection is wrong.

"And you do start the next season quicker and think, 'I'm going to show you what I'm about, I should have been selected or I'm going to be selected next time because I'm going to put everything into it'." Jordan Henderson was also dropped



completely from the England set-up after a tumultuous season in both Saudi Arabia and Holland.

And having lost his place as a starter for the Three Lions - thanks to the emergence of Jude Bellingham (below) and Kobbie Mainoo - Brown thinks it was only right that 33-year-old Henderson was left out of the squad altogether.

Brown said: "You've got to think, if he's not going to start, is he going to be an impact player?

"And no disrespect to him, but he's probably not.

"I'm not saying he couldn't come on and do a job because he certainly can, but you want someone, maybe a younger player, that can add some spark if needed.

"He's had a great career playing for England. He's had some good games and got the team to certain positions in tournaments, but at some point you know that time will come where the younger players are going to be knocking on your door and overtaking you."

#### ANYWHERE IN MIDFIELD

have barely played, Cole Palmer, [Eberechi] Eze. So many players and what will happen, naturally, is they'll probably stick together and then, when it starts getting tough, they'll be talking, going, 'What do we do?'."

Rooney also thinks Southgate has made a mistake when it comes to leaving Jack Grealish (left) at home. He added: "I would have taken him instead of [Jarrod]) Bowen, for a bit more balance. And he brings something a bit different as well.

"There's no substitute for players who win trophies.

It's so important. There's not many in the England squad that have done that.

"The Manchester City lads have been doing that regularly over the last few years.

"I just think there's a real lack of experience in the squad, that's my worry."





#### BY **DAVID McDONNELL**

ERIK TEN HAG is set for a battle of wills with Manchester United over the terms of his proposed new contract.

After confirming Ten Hag would be staying in charge following the conclusion of their end-of-season review, United revealed talks will open with their manager over a new deal.

Ten Hag has a year left on his current contract, with the option for a 12-month extension, but

FORZA





Roo: TAA should be nowhere near the

BY **JEREMY CROSS** in Erfurt **WAYNE ROONEY insists Trent** Alexander-Arnold does not have the discipline to play in England's midfield.

He is expected to be named

alongside Declan Rice in England's starting XI for their opening Euros clash against Serbia this weekend.

**But England legend Rooney** insists the Liverpool star (above) is incapable of defending and would leave boss Gareth Southgate's side too exposed.

On The Overlap, Rooney said: ''I think he'll go with Trent, probably the most gifted player with the ball at his feet we've got. Defensively, he's all over the place. He can't defend.

"I wouldn't have him anywhere near the middle of the pitch and I love Trent."

Rooney compared the current England squad to the one chosen for Euro 2004, which the former **TURN TO PAGE 62** 

**TURN TO PAGE 63** 



## JZZLE

#### **Quizword & Crossword**

Two sets of clues, two different answers - all on the same grid. Choose one or the other.

#### Quizword

#### **ACROSS**

- **1 and 11 Down** 1991 novel by Ken Follett (5,4,5)
- 7 Industrial city in SW Zimbabwe (8)
- 8 Edvard –, Norwegian painter whose works include 1907's The Sick Child (5)
- **10** 1990 novel by Kurt Vonnegut (5,5)
- **12** Best Actor in a Supporting Role Oscar nominee for Lion (3,5)
- 14 Front part of the
- lower leg (4)

  16 Ancient Phoenician port in southern Lebanon known for the production of a rare sort of purple dve (4)
- Tropical Asian plant whose powdered stem is used as a condiment (8)
- 20 Ethiopian runner; 2011 IAAF World Cross Country Championships senior men's race wnner (5.5)
- 23 Small insect that feeds by sucking the juices from plants (5)
- 24 George –, British jazz pianist and composer who died in 2011 (8)
- 25 Number represented by VII in Roman numerals (5)

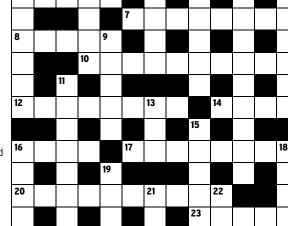
- 1 Old Testament hunter famed for his
- Scott –, US golfer who won the Greater Milwaukee Open in 1995 and 1997 (4)
- 3 Diminutive deer of South America with a reddish-brown spotted
- Creature in Greek mythology with the head and trunk of a woman
- and wings of a bird (5) Character in Lewis Carroll book Alice's
- 6 and 19 1879 novel by
- 11 See 1 Across
- 13 Large Australian flightless bird (3)
- alphabet (5)
- 18 James –, actor and co-writer of BBC TV comedy series Gavin & Stacey (6)
- 19 See 6 Down
- Sicily (4)
- 22 Domed or vaulted recess at the east end of a church (4)

#### **DOWN**

- prowess (6)
- coat (4)
- Adventures in Wonderland depicted at the Hatter's mad tea-party with straw on his head (5,4)
- Anthony Trollope (6,5)

  9 Paul –, comedian-actor
- who co-wrote and played the title role in 1986 adventure film Crocodile Dundee (5)

- **15** 24th letter in the Greek
- 16 Market town in North Yorkshire that houses a horse racecourse (6)
- 21 Active volcano in



#### Crossword

#### **ACROSS**

24

- 1 Odour (5)
- **7** Sticky (8) **8** Star sign (5)
- **10** Bolster (10)
- 12 Loud and harsh (8)
- **14** Cupid (4) **16** Go by boat (4)
- 17 High and mighty (8)
- 20 Constantly in mind (2,3,5)
- **23** Hut (5)
- **24** Daybreak (8) 25 Fagle's nest (5)

#### **DOWN**

- 1 Rank (6)
- 2 Sediment of wine (4)
- 3 Avoiding work (4)
- Fence of bushes (5)
- **5** One working on a trawler (9)
- 6 Wimbledon sport (6)
- **9** Fasteners (5)
- 11 Truce (9)
- 13 And not (3) 15 Poisonous (5)
- **16** Char (6)
- 18 From that place (6)
- **19** Freedom from war (5)
- **21** Housetop (4)
- 22 Warships of a nation (4)

#### **Solutions in tomorrow's Daily Mirror**

#### CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear FULL SOLUTIONS to CROSSWORD and QUIZWORD, and to hear 5 EXTRA CLUES for CROSSWORD and QUIZWORD too! Or text CROSSCLUE or QUIZCLUE to 61011 (£1/text) for 5 clues.

#### Two-speed coffeebreak

Two sets of clues - but the answers are the same.

#### **Cryptic clues**

#### **ACROSS**

- 1 Leave watch for temp (4-5) 8 I myself pursue church ring (5)
- 10 Inant sort of coating (5)
- Child of resonance (3)
- **13** Partner's painting (3)
- 14 The others relax (4) 15 Emphasis on dialect (6)
- **16** Bit of shelter by harbour (5)
- **18** The next moment (6) 20 English mad about foreign cheese (4)
- 22 Shade of credibility (3)
- 23 Raw material from forest (3)
- 24 Remove a seer forcibly (5)
- **25** Supporter of electricity? (5)
- **26** Tramp's son developed into fair person (9)

#### **DOWN**

- **2** A young woman is wrong (5)
- 3 Youngster of acute
- energy (4)

  4 Effect of one medium
- agreement (6) Chosen the Spanish tie
- design (5)
- Performers get keys to locks (9)
- Assertion that mate's tent was broken (9)
- Tom rewrote digits and sayings (7)
- 11 Sport to reach out to railway (7)
- Also among pandas (3) Cause to like conclusion on organ (6)
- Catholic inclination is a pain (5)
- Note tale about part of river (5) 23 Work into soup recipe (4)
- Solutions in tomorrow's Daily Mirror

#### 10 16 17 18 20



#### **Quick clues**

#### ACROSS

- 1 Occasional worker (4-5)
- **8** Toll (5)
- **10** Emulsion (5) **12** Bov (3)
- 13 Craft (3)
- **14** Pause (4)
- 15 Stress (6) **16** Fraction (5)
- **18** Unit of time (6)
- 20 Type of cheese (4) **22** Colour (3)
- 23 Mineral (3)
- 24 Rub out (5) 25 Cable tower (5)
- **26** Athlete (9)

#### 2 Not quite right (5)

**DOWN** 

- **3** Adolescent (4)
- 4 Collision (6)
- **5** Exclusive (5) **6** Thespians (9)
- Declaration (9) **9** Proverbs (7)
- 11 Robin Hood's skill (7)
- 15 Common word (3)
- Make beloved (6) Muscle spasm (5)
- **21** Greek letter (5) 23 Artistic work (4)
- **Solutions in tomorrow's Daily Mirror**

**CHECK THE SOLUTIONS NOW!** 

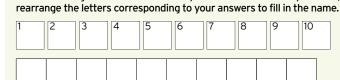
TWO-SPEED COFFEEBREAK 0903 659 6060 (80p/min)

TERMS & CONDITIONS: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. SP Mi Telecom Ltd. Helpdesk 0330 880 6060. Min age 18+. All lines close midnight tonight except where stated. Std Trinity Mirror Rules apply, see www.mirror.co.uk/rules.

#### The name game

Solutions in tomorrow's Daily Mirror

Hidden in the grid is the name of a US president. Answer the guestions, then



**BOX1:** Actress Riley Keough is the granddaughter of which musician? Elvis Preslev (H) Frank Sinatra (E) John Lennon (F)

BOX2: Who created the fictional priest-detective character of Father Brown? Agatha Christie (R) G K Chesterton (S) George Bernard Shaw (H)

BOX3: What type of

bird is a bittern?

Diving bird (M) Wading bird (W)

Bird of prey (O)

BOX4: What epithet was given to the 14th-century Polish monarch Wladvslaw I? The Wig-Wearer (L)

The Impatient (Q)

The Elbow-High (I) **BOX5:** What type of animal is a **British Landrace?** Horse (F) Pia(E) Cow (V)

BOX6: Meknes is one of the Imperial cities of which country? Morocco (E) Germany (Q)

**BOX7:** With which musical instrument is Miles Davis associated? Piano (U) Drums (X)

BOX8: Where on your body would you wear a dastar? Torso (P) Waist (S) Head (O)

**BOX9:** Which

Trumpet (R)

actress links the films Sleepless in Seattle and A League of Their Own? Rita Wilson (B) Rosie O'Donnell (N) Lori Petty (I)

**BOX10:** Colin Firth (pictured) starred opposite which actor in the 2020 drama film Supernova? Ethan Hawke (B) Jeffrey Wright (X)

Solutions in

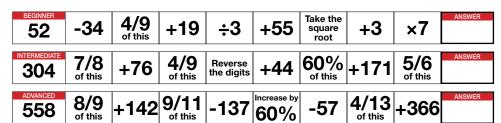
**Daily Mirror** 



#### **30-sec brain teaser**

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's Challenge, Genius players have 30 seconds to complete their own plus the Intermediate. Good luck!

Solutions in tomorrow's Daily Mirror



#### Mirrorgram

Solve our ten-letter anagram

Solutions in









Target time: **21:43** mins

Test your codecracking skills against us! We took 21 minutes and 43 seconds to complete this puzzle – can you do better? We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The completed grid will include all letters of the alphabet. If you find it hard to get going, call the Extra Letter line where you will also find a little bit of extra help. Remember, none of the answers are proper nouns.

Solutions in Saturday's Daily Mirror

#### AB CDEFGHIJKLMNOPQKST VWXYZ

1	<sup>2</sup> C	3	4	5	6	7	8	<sup>9</sup> R	10	11	12	<sup>13</sup> U
14	15	16	17	18	19	20	21	22	23	24	25	26

£75 to be won!

Which letter is represented by the number '1' in today's Speedbreaker? Call 0903 681 3000 (£2/call) or text SPEED and your answer, name and postcode to 61011 (£2/text)

Last Thursday's winner: Linda Geach,

Calls to solutions line cost 80p/min + network access charge and texts cost £1 + 1 standard network rate message. Calls to the Speedbreaker competition line cost £2/call + network access charge and texts cost £2 + 1 standard network rate message. You may receive free promotional messages, to opt out end message with NO INFO. Competition lines close midnight tonight. Min age 18+. SP: MI Telecom Ltd. Helpdesk 0330 880 6060. Full TaC's at www.mirror.co.uk/rules.

<sup>2</sup> C	<sup>13</sup> U	<sup>9</sup> R	14	24	5	19		12	16	18	6	6
	14			5			9		25		25	
	17	9	24	2	23	14	4		16		1	
	9			13			20		6	15	12	3
1	12	23	4	9			13		14			12
12			12		20	13	24	10	4	9	4	21
11			9		13		4		24			21
24	6	25	17	22	4	9	7		19			14
5			22		13			6	22	24	5	4
19	14	25	15		24			23			24	
	13		25		5	25	7	12	21	24	2	
	19		9		19			17			22	
26	4	7	7	18		3	9	4	17	8	4	14

#### Just a bit of fun

Which one of our three definitions is correct?

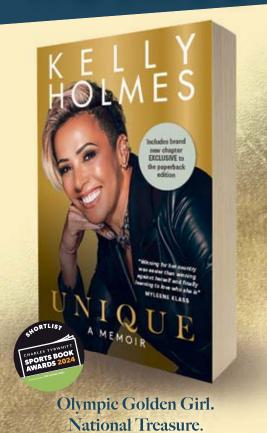
#### **NAIANT**

- 1 River nymph
- 2 Indian governor 3 Swimming horizontally

Solutions in tomorrow's Daily Mirror

Scribble pad 🖄

## UNIQUE KELLY



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#### Arrow Word

Call 0903 659 6060 (80p/min) for 5 extra letters or the full solution,

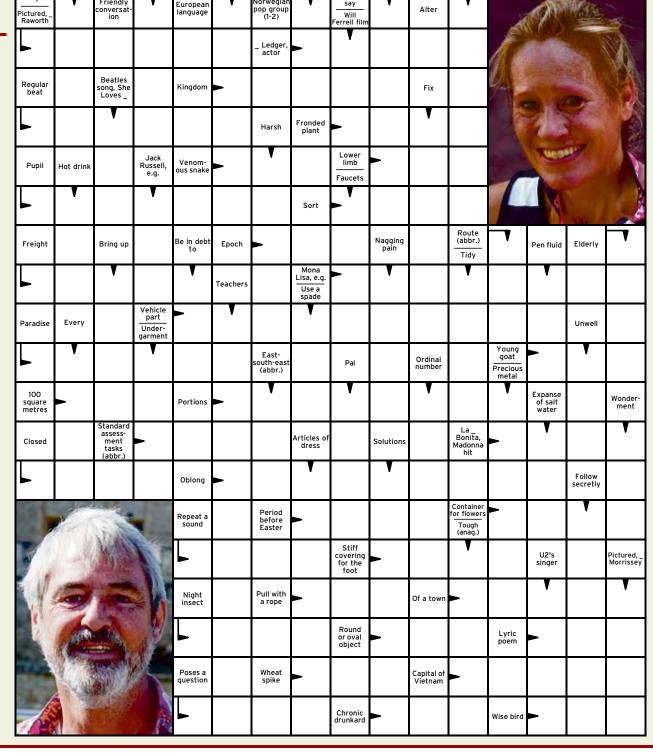
or text SPEEDCLUE to 61011 (£1/

text) for 5 extra letters. Deduct one minute from the target time

for each extra letter used.

SOLUTIONS

Arrow Words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows. Solutions in tomorrow's Daily Mirror



# Su-doku corner

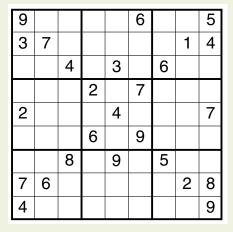
#### **EASY SU-DOKU**

	6		5		4		3	
5		1				6		4
	4		6		7		1	
8		5		7		3		6
			4		8			
9		4		3		5		7
	7		1		5		2	
1		3				4		8
	5		8		3		6	

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

Solutions in tomorrow's Daily Mirror

#### **SU-DOKU TOUGHIE**



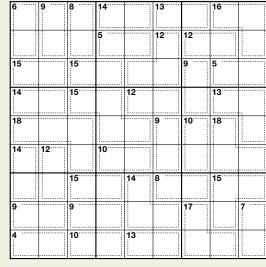
The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

Solutions in tomorrow's Daily Mirror

CHECK THE SOLUTIONS NOW! Call 0903 659 6060 (80p/min) to hear SU-DOKU 5 NUMBER CLUES or FULL SOLUTIONS to the easy and toughie su-dokus.

Or text **EASYCLUE** or **TOUGHCLUE** to **61011** (£1/text) for **5 CLUES** 

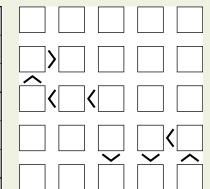
#### KILLER SU-DOKU



Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner.

Solutions in tomorrow's Daily Mirror

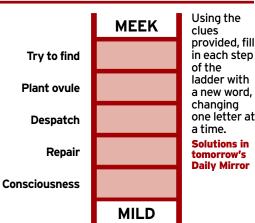
#### **FUTOSHIKI**



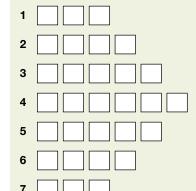
Insert the numbers one to five in each row and each column, making sure that no number is repeated. The only symbols to guide you are the "greater than" (>) and "less than" (<) signs.

**Solutions in tomorrow's Daily Mirror** 

#### **Word Ladder**



#### **Brickwork**



Solutions in tomorrow's Daily Mirror

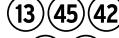
#### Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

- Scientist's workroom
- Bundle of hay
- 3 Tag
- 4 Prone
- 5 Defamation
- Bitterness Untruth

#### **Bingo**









HERE are the numbers for **Day 4** of Game 22 on your Bingo card.

15 numbers on the Game 22 grid must be correctly crossed off with the Daily Mirror numbers. If you're still short, buy the Sunday Mirror and the Sunday People for more numbers and another chance to win a £100 prize.

TO CLAIM call 01420 525501

TO WIN a full house £100 prize, all

from 10am to 3pm on Mondays only. No responsibility is accepted for failure to claim in the stated hours. Calls charged at national rate. Standard Reach PLC rules apply, see mirror.co.uk/2024bingorules.

Full terms as previously published.

SU-DOKU TOUGHIE

#### Wordsearch

Can you find all the listed music acts with colours in their name in the grid? Solutions in tomorrow's Daily Mirror

#### Т I H W Υ R R M S T GCR 0 Ν 0 D В C ΗF U Ε X S Ε Ζ C Υ Ε В Q M D L D 0 В LAKCALBA L ı C HTVXXLUYVBZ F Ε

**BARRY WHITE BLACK SABBATH BLONDIE** 

**BLUE OYSTER CULT** 

**CILLA BLACK** 

**AL GREEN** 

**DEEP PURPLE** 

**CREAM** 

GOLDFRAPP

**GOLDIE GREEN DAY**  **JAMES BROWN** 

**KING CRIMSON** 

**PINK FLOYD SIMPLY RED** 

THE BLACK KEYS

#### **YESTERDAY'S** SOLUTIONS

#### QUIZWORD

ACROSS: 3 Sex And The, 8 Amin, 9 High-Rise, 10 In Time, 13 Gorse, 14 Bismuth, 15 Job, 16 Snowdon, 17 Lehar, 21 The Who, 22 Sikorski, 23 Cent, 24 Hydrangea. DOWN: 1 David Gest, 2 Winterson,

4 Ether, 5 Algenib, 6 Durr, 7 Hush, 11 Hush Sweet, 12 Charlotte, 14 Bon, 15 Johnson, 18 Stipe, 19 City, 20 Bohr.

#### CROSSWORD

ACROSS: 3 Fraudster, 8 Here, 9 Animated, 10 Mantis, 13 Actor, 14 Grimace, 15 Ram, 16 Needles, 17 Lunch, 21 Reason, 22 Molecule, 23 Buys, 24 Despotism. **DOWN:** 1 Champagne, 2 Brunettes,
4 Roast, 5 Uniform, 6 Slam, 7 Ewer,
11 Magnesium, 12 Mechanism,
14 Gas, 15 Recruit, 18 Dress, 19 Fore,

#### TWO-SPEED COFFEEBREAK

ACROSS: 1 Rage, 4 User, 6 Coin, 8 Arid, 11 Snag, 13 Demonic, 14 Arm, 16 Taste, 18 Motor, 21 Speck, 22 Turin, 24 Ten, 25 Goddess, 28 Emit, 24 len, 25 Goddess, 28 Emit, 30 East, 31 Odes, 32 Bulb, 33 Snap. **DOWN:** 1 Road, 2 Grim, 3 Posit, 4 Una, 5 Ream, 7 Incas, 9 Remote, 10 Donor, 12 Gate, 15 Recess, 17 Spade, 19 Tune, 20 Rigid, 23 Noted, 24 Tomb, 26 Earn, 27 Stop,

#### TUESDAY'S SPEEDBREAKER

1=X, 2=P, 3=J, 4=D, 5=U, 6=R, 7=Q, 8=L, 9=W, 10=C, 11=E, 12=K, 13=V, 14=Z, 15=M, 16=A, 17=0, 18=T, 19=B, 20=N, 21=I, 22=H, 23=S, 24=Y, 25=G. 26=F.

#### **ARROW WORD** D H O A H S C O P E R U S T L E

LORRIES LAX

Т	U	D	0	R		G	Ε	Ν	Ε	R	Α				
	Т	Α	D		L	Α	S		Α	D	D				
	С	Н	U	В		N	U	R	S	Ε					
	Н		С	L	Ε	0	Р	Α	Т	R	Α		J		R
Z		D	Ε	Ε	Р			_			٧	0	_	С	Ε
0		Α	S	S	Ε	М	В	L	Α	G	Ε		F	Α	В
Ε	L	М		S	Ε	Α	L		В	_	R	D	F	L	U
	Ε	Α	S	Ε		Т	0	W	Ε	L	S		Υ	Ε	Т
W	Α	G	Ε	S			С	Α	L	L		S		N	
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Daily Mirror every Saturday there's our Big Name orize crossword

#### **EASY SU-DOKU**

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7	9	2	5	4	6	1	3	8	9	4	3	5	2	8	1	7	6
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#### **MIRRORGRAM** CONGENITAL

#### 30-SEC BRAIN TEASER

Beginner 48; Intermediate 236: Advanced 210.

JUIST A BIT OF FUN 2 Fine muslin

#### **BRICKWORK**

Cur, Ecru, Crude Cursed, Cures, Sure, Rue.

#### WORD LADDER

Army, Arms, Aims, Dims, Dams, Damp,

#### WORDSEARCH

#### NAME GAME GOLDILOCKS

1G, 2S, 3L, 40, 50, 6K, 7L, 8C, 9D, 10I.

#### RUSSELL GRANT

mirror.co.uk/ horoscopes

You cannot and should not allow a relative to expect you to be there for them all of the time. You have your own problems to sort out and you just don't want to be caught up in anyone else's business. This does not make you

For more call **0905 789 4171** (80p/min + netwo

uncaring. You just need to make

your own needs a priority.

Taurus April 21 - May 21 In a contentious situation you are starting to question who exactly is wrong and who is right. Something you have been told is causing you a lot of worry and sleepless nights. Were you given the truth or is someone deliberately trying to deceive you for one reason or another?

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Gemini May 22 - June 21
You might get a hint, early
on, of possible problems with an
ongoing issue that you hadn't
been prepared for. This will be
regarding a situation where there
is no turning back and one way or
another you will need to find a way
around this particular hurdle - but
it can be done.

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You can no longer bury your head in the sand. It is time to stop all of the prevaricating and get a grip on reality. You need to discuss what is going on. Besides, it will be easier in the long-run to face up to issues that are causing problems and to encourage others to do the same.

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Leo July 24 - August 23
It's annoying that you are
the one who loses out due to
another person's dishonesty or
duplicity. A friend or colleague has
let you down and their excuses do
not ring true. No matter what you
are doing, you have a sixth sense
that will help you through. Trust
your intuition.

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Virgo Aug 24 - Sept 23
A workmate who keeps interfering in a job you are currently engaged on will insist that they are only trying to be helpful. You are suspicious of their motives. You also suspect they aren't being entirely honest and that's why you will need to keep your wits about you.

For more call **0905 789 4176** (80p/min + network access charge)

#### Libra Sept 24-Oct 23

Be careful about how much of your own situation you reveal to others when talking to people you hardly know. It will pay to be discreet and cautious. An opportunity or offer needs official confirmation before it becomes a reality. Keep both feet planted firmly on the ground.

For more call **0905 789 4177** (80p/min + network access charge)

N Scorpio Oct 24 - Nov 22

Arguments and conflict can be avoided if you trust your intuition. You will sense other people's moods the moment they step into a room. It won't be hard to realise it would be wise to give someone a wide berth. You can always catch up with them when they are in better spirits.

For more call **0905 789 4178** (80p/min + network access charge)

#### Sagittarius Nov 23-Dec 21

Support from someone in authority over a business arrangement or a matter of a more personal nature should make your life easier in the future. Developments in a new career venture will please you. This is something you have been aiming towards for some time.

For more call **0905 789 4179** (80p/min + network

Capricorn Dec 22 - Jan 20
Problems with teeth or aching bones could be affecting your health and everyday routine. If a prescription is not giving you any relief, schedule another appointment with a medical professional to discuss this. It's important for you to be proactive about aches and pains.

For more call **0905 789 4180** (80p/min + network

Aquarius Jan 21 - Feb 19

Experiment with creative ideas. If you want to develop your skills, you need to practise and accept that you will make mistakes. A favourite hobby will help you relax. Travel plans will go without a hitch. Are you single? You just want to have fun rather than look for a steady date.

For more call **0905 789 4181** (80p/min + network access charge)

You're ready to go forward with ideas that have already been discussed to start on an exciting new home-improvement project. You already know that despite the cost and all the work that's going to be involved, this will definitely be a worthwhile long-term involved.

For more call **0905 789 4182** (80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge – maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission.

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#### **Mirror** OFFERS



#### SOUP CHEF PRO

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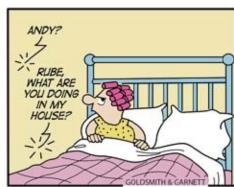
- 8 Functions Smooth, Smooth+, Sauté, Keep Warm, Chunky, Auto-Clean, Memory & Delay Timer.
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## CARTOONS













15 MINS

**COOK: 15 MINS** 

**EASY** 

**SERVES 6** 





WaverCress Salad.

Mackerel is fantastic for you and this main-meal salad couldn't be simpler to prepare

750g baby new potatoes, larger ones halved 5 tbsp light mayonnaise Small bunch chives, snipped 100g bag watercress 270g pack peppered mackerel fillets Cook the potatoes in plenty of boiling salted water until tender, about 15 mins. Drain and allow to cool for 10 mins. Make the dressing by mixing the mayo with most of the chives.

2 Scatter half the watercress across a big platter or plate, chop the

rest roughly and mix with half of the mackerel, the potatoes and mayo. Toss so that everything is covered in the dressing.

Pile the mackerelpotato mix on top of the watercress, then top with the rest of the mackerel and chives. Try a
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